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Take advantage of retailers' spring cleaning with these money-saving shopping tips

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On-again off-again

Community cast dishes on turmoil that's put the show's future in jeopardy

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STOMPIN' TOM DIES AT 77

HE STOMPED HIS WAY TO GLORY WITH SONGS ABOUT CANADIAN LIFE, CHRONICLING EVERYTHING FROM BUD THE SPUD TO THE GOOD OLD HOCKEY GAME. STOMPIN' TOM CONNORS DIED OF NATURAL CAUSES ON WEDNESDAY

PAGE 12



THERE'S NO PARTY LIKE A POTATO PARTY

The Japanese phenomenon known as a Potato Party, where participants consume massive amounts of French fries, is coming to the Lower Mainland next month. Story, page 4. MATT CARDY/GETTY IMAGES FILE

Funds in place for Kitimat oil refinery: Black

North Coast. Media magnate's proposed project would process 550,000 barrels a day

B.C. newspaper mogul David Black says a group of investors has committed financing for his plan to build a \$25-billion oil-refinery project on the province's northern coast in a deal that would be one of the largest private developments in B.C. history if it goes through.

Black announced in Vancouver on Wednesday he is on the verge of signing a memorandum of understanding in the coming weeks with a consortium of investors.

The deal is for debt financing, not an equity investment, in a project being met

Quoted

"We have the investors together. We have the commitment. I can't tell you who they are yet but we'll have documents signed in the next 30 days."

Oppenheimer Investments Group's Richard Cooke, who assembled the consortium of investors for the refinery.

with some skepticism from within the oil and gas industry.

"How solid is it? I would say it's 100 per cent because in this case, the financiers are very anxious to help get the refined fuels from Canada," Black said in a speech to the Vancouver Chamber of Commerce.

"I'm sure we'll get through to the finish. I'm sure that

money will be there."

The consortium of investors was put together by Richard Cooke, senior managing director of Switzerland-based Oppenheimer Investments Group.

Cooke said the investors will not be partners in the project. The refinery and all its accoutrements will be 100 per cent B.C.-owned, he said.

Kitimat Clean Ltd. would include an oil refinery to be built 25 kilometres north of Kitimat, to process 550,000 barrels a day from Alberta's oilsands.

The projected capital cost of the refinery is \$16 billion. The plan also includes a \$6-billion oil pipeline and a \$2-billion gas pipeline. It may also incorporate its own ocean-going tankers at a cost of \$1 billion, Black said.

THE CANADIAN PRESS

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Yaletown shelter continues to anger some neighbours

Temporary winter shelter. While residents complain about needles and loitering, RainCity Housing says complaints are dealt with promptly



EMILY JACKSON
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Hooded figures, hazardous needles, overflowing garbage and intimidating stares.

That's the picture painted by a group of Yaletown residents who badly want to stop a temporary winter shelter from locating on its block at Seymour and Davie again next year.

The group issued a news release Tuesday night detailing how the provincially funded 40-bed shelter for people without homes has left them feeling "demoralized" as people living in the shelter "loiter" outside and use the nearby public park.

The group accuses shelter operators RainCity Housing of being bad neighbours, doesn't believe the shelter is temporary and thinks the block is already saturated with social services such as Covenant House and low-income housing, said spokeswoman Sharon Promislow.

"You're not supposed to make a ghetto," said Promislow, who has rallied against the shelter since the city announced the location last fall. "It should have been hands-off this block from the get-go."

But the news release came as a surprise to RainCity and the city, both of whom say they have responded promptly to every complaint.

"We have a responsibility to work with community to mitigate these issues," RainCity's acting director Leslie Remund said, noting that staff goes out twice on each eight-hour shift to deal with garbage and needles. "How much of the concerns are because of the shelter, and how much of this is because it's the city?"



The 40-bed HEAT shelter on Seymour Street has housed people throughout the winter on city land with provincial funding. Some nearby residents aren't impressed. ERIC DREGER/THE CANADIAN PRESS

There are people available 24 hours a day to deal with complaints, Remund said, and she encourages anyone with concerns to call.

"Every single thing that they have raised, as far as I can tell, has been dealt with

by the operator," Coun. Kerry Jang said. "That's what happens when you're trying to help a street population get better."

Police calls to the area have not increased, he said, adding that there have been

needle sweeps in the area for 25 years — long before the condos took hold. The space was the only available place for a shelter, he said, and if it's available next year the city would consider it as an option.

Sentencing hearing for lawyer tied to gang

NEAL HALL
The Canadian Press
exclusively for Metro

A lawyer who pleaded guilty last December to taking part in the activities of a criminal organization should not be sent to jail, a defence lawyer told a judge Wednesday during a sentencing hearing.

The criminal conduct of William Mastop was the result of a slow evolution over years that blurred the lines between his social life and his professional responsibilities, Mastop's lawyer David Crossin explained in court.

"He clearly crossed over the line," the lawyer told B.C. Supreme Court Justice Mark

McEwan.

But Crossin said Mastop failed to recognize that his conduct had crossed the boundaries as defined under relatively new provisions of the Criminal Code that defined participation in a criminal organization.

"It just didn't register."

Crossin said his client, now 46, aside from this incident, had been a good lawyer who often worked pro bono, took on legal-aid cases and had been president of the bar association in Vernon, B.C.

He said the principles of sentencing could be met by imposing a conditional sentence on Mastop, who was suspended from practising law when he was arrested in 2010.

A conditional sentence of less than two years would allow Mastop to serve his time in the community, where he has been working as a legal assistant in a small law office for the last three years, his lawyer said.

Crown prosecutor David Jardine earlier urged the judge to impose a prison sentence of up to three years.

The Crown is also seeking to have dozens of guns owned by Mastop — including pistols, rifles and shotguns — forfeited to the Crown. All but two were legally registered.

It is the first time in Canada that a lawyer has been convicted of participating in a criminal organization for the benefit of a crime group.

The link

Mastop knew the gang's boss, Peter Manalagos, since high school, said his lawyer.

During a five-day sentencing hearing this week, the Crown played dozens of wiretap phone calls between Mastop and members of the Greeks gang, which operated a cocaine ring in Vernon and whose members were allegedly responsible for up to seven murders.

Four members of the Greeks were recently convicted and sentenced for three drug-related murders.

Mastop was heard on the

calls providing legal advice and often socializing with gang members, including attending an illegal "booze can" operated by the gang until almost 5 a.m. one morning. He also shot guns at a firing range with gang members.

Court heard Mastop gave the gang search-warrant information involving an unnamed informant, information the gang later used to kill two people they wrongly thought were informants. There was no evidence Mastop knew the information would be used by the gang to carry out the murders.

The judge is expected to reserve imposing sentence until a later date.

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Sunken ferry trial. Crew saw lost passenger on ship but not on land

A crew member aboard the Queen of the North ferry recalls seeing one of two missing passengers on the ship but not when she was counting survivors later on land.

Among the facts the Crown needs to prove at the criminal-negligence trial for Karl Lilgert, the navigation officer on deck, is that Gerald Foisy and Shirley Rosette died when the ship sank on March 22, 2006.

Joanne Pierce, who was on the ship as second steward the night of the sinking, testified Wednesday that when she later saw a photo of the couple, she recognized Foisy from the start of the voyage, when passengers were checking into their cabins.

After the evacuation and sinking, Pierce counted passen-

gers on land as the crew confirmed there were, in fact, two people missing.

Pierce said she never saw either Foisy or Rosette in the small First Nations community of Hartley Bay, where many survivors were taken after the sinking, nor did their names appear on a sign-in sheet that all passengers and crew were asked to fill out.

The defence has been attempting to foster doubt about exactly what happened to the couple, pointing to accounts from some passengers who said they may have seen them on land and testimony from crew members who said they were confident they had searched the ship for anyone still on board before it sank.

THE CANADIAN PRESS

Report. UBC slips in world university rankings

It wasn't a great week for the University of British Columbia's reputation.

UBC dropped eight places to 30 from 22 in the Times Higher Education World University Rankings for 2012-13.

But the province's highest-ranked university can take solace that Canada's other leading universities — and Harvard, for that matter — also fell in the rankings, the only global

performance ratings that judge research-based universities on teaching, research, knowledge transfer and world outlook.

The University of Toronto fell to 21 from 19, and McGill in Montreal fell to 34 from 28. No other Canadian universities made the top 50 in the past two years.

UBC did not return a request for comment.

EMILY JACKSON/METRO

Environmental factors

Mine review to take a broad look at impact

The federal review panel assessing the proposed billion-dollar New Prosperity gold and copper mine near Williams Lake will take a broad look at the environmental effects it should consider, including the effects on grizzlies.

The Canadian Environmental Assessment Agency said the panel should follow the definition set out in its terms of reference, not the narrower definition in the recently revised federal law.

Opponents of the mine wanted the broader definition applied because they fear that under the new rules the effects on bears and other wildlife will not be reviewed.

THE CANADIAN PRESS

B.C. Supreme Court

Rapist declared dangerous offender

A convicted rapist with a history of violence in three provinces has been declared a dangerous offender.

Dennis Wayne Bragg, 46, was convicted in 2010 of forcibly confining and sexually assaulting a mentally handicapped and pregnant sex-trade worker in Kamloops. He has been in custody for 45 months.

Bragg also pleaded guilty or was convicted of violent sexual assaults on his wife, a friend and a stranger in Newfoundland and New Brunswick between 1998 and 2002.

A dangerous offender can receive an indeterminate sentence and be locked up for life. THE CANADIAN PRESS



These kids today: From their roots in Japan, potato parties are becoming something of a youth phenomenon on social media. Local Grade 12 student Mazdak Abbasi is throwing one at the Metrotown McDonald's on April 21. MATT CARDY/GETTY IMAGES

You want \$1,000 worth of fries with that?

Potato party. Even a competitive eater calls it the 'Harlem Shake' of eating events

LIAM
BRITTEN

vancouver@metronews.ca

You've heard of supersizing at McDonald's. Now imagine super-duper-mega-crazy-nuts-o-sizing times 10.

A group of Lower Mainland youth plans to order \$1,000 worth of McDonald's fries from Metrotown in Burnaby — about 350 large orders — and then gorge like pigs at a trough.

It's a "potato party," a fad

Fry me to the moon

McDonald's own nutrition information says 350 large orders of fries contain:

- 175,000 calories (about 70 days' worth for one person, according to Health

Canada recommendations);

- 8,750 grams of fat (about 135 days' worth);
- 122,250 milligrams of salt (about 51 days' worth).

that originated in Japan and has been sweeping through East Asia via social-media photographs of young people chowing down on an enormous sea of fries strewn across multiple trays and tables.

Dietician Ali Chernoff of Nutrition at its Best called the idea and consumption of so

much unhealthy food "outrageous." Specifically, she said it could cause distress to the heart and pancreas.

Mazdak Abbasi is one of the organizers of the Burnaby Potato Party, set for April 21. The Grade 12 student enjoys playing sports and says his favourite fry condiment is McChicken sauce. He down-

played the health risks of the potato party, which he called a one-time thing.

"I work out a lot and I also eat healthy foods," he said. "We all exercise, we're all fit and everything."

George Shea, a spokesperson for Major League Eating, which organizes competitive-eating events, said he has concerns about the safety of this "rogue, unsanctioned eating exhibition," calling it "the 'Harlem Shake' of eating events." He said his organization never encourages anyone under 18 to begin a career in competitive eating.

"I believe it is not related to the competitive-eating phenomenon so much as ... a flash mob or something related to the Internet."

Offshore rescue renews debate about station closure



Fisheries and Oceans Canada said a coast guard hovercraft, like this one, arrived about 23 minutes after the mayday call in the Georgia Strait. JENNIFER GAUTHIER/METRO FILE

Two people may be safe after a fishing boat sank off the coast of Vancouver, but the incident has reignited debate about marine-rescue response times after the closure of a coast guard station.

The rescue on Wednesday morning in the frigid waters of the Georgia Strait, off Point Grey, occurred just two weeks after Fisheries and Oceans Canada shuttered the Kitsilano Canadian Coast

Guard station.

Opponents, including politicians, city police and fire chiefs, have argued the decision will put the public at risk because of longer response times.

Dane Bate, a spokesman for Fisheries and Oceans Canada, said a hovercraft from Richmond's Sea Island took about 23 minutes to arrive on scene. Bate would not speculate on how long it

would have taken for a vessel to arrive from the former Kitsilano base.

But Dave Clark of the Union of Canadian Transportation Employees said help would have arrived within 10 minutes.

"Thank God these people actually survived," he said. "But we would have had a quicker save and maybe not the complications."

THE CANADIAN PRESS



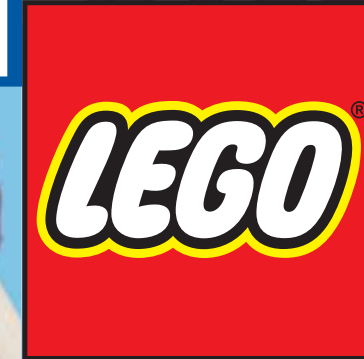
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A coyote thought to be between one and two years old died Saturday after spending at least two days trying to escape from a leg-hold trap in Abbotsford. SUBMITTED/CRITTER CARE WILDLIFE SOCIETY

Should leg-hold traps be banned?

Renewed debate.

Activists call for ban after coyote caught in trap for at least 2 days



KATE WEBB
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Animal-rights activists are renewing calls for the provincial government to ban all leg-hold traps after finding a coyote that had been caught in one for at least two days and tried to gnaw its leg off.

"When this coyote was found, his wrist bone was broken in half, his teeth were broken and the coyote was trying to wring off his own limb. So the paw, it was actually a 360 rotation," said Lesley Fox, executive director of the Association for the Protection

of Fur-Bearing Animals.

Angela Fontana, animal-care supervisor at Critter Care Wildlife Society in Langley, said a couple found the young coyote in a wooded area of Abbotsford on Saturday and called her office for help. She said it was the worst case of an animal suffering from a trap she has ever seen.

"We could smell the infection," Fontana said. "So we euthanized him, because the chances of him making it and actually being able to survive in the wild with three legs was pretty slim."

Leg-hold traps are legal in B.C. but must be padded, "offset" or "laminated" and set at least 200 metres from any home. On public land they must be checked every 72 hours and on private land every 24 hours.

The Conservation Officer Service is investigating, and

Fox said she spoke on Tuesday with the province's director of fish and wildlife, Andrew Wilson, who is aware of the incident and told her he was "looking into it."

"What makes this case really significant is the fur industry really touts this specific trap as being the most humane," Fox said of padded traps, which have synthetic pads between their jaws.

"They all work the same, in the case with a leg-hold trap. They work to restrain an animal who's fighting for their life, and despite best intentions, despite whether you're a licensed trapper, despite education courses for trappers and any lame regulations, animals still suffer unbelievably in these devices."

The Ministry of Forests and Lands could not immediately respond to a request for comment from Wilson.

\$1.3M case. Denny's serves up settlement in foreign-worker lawsuit

Denny's restaurants in British Columbia have served up a court settlement to more than 70 temporary foreign workers.

The workers launched a \$10-million class-action lawsuit last year against Northland Properties Corporation, which operates Denny's Restaurants and Dencan Restaurants Inc.

Herminia

Dominguez, who spearheaded the suit, alleged she and other Denny's workers paid thousands of dollars in recruitment fees to an employment agency in Richmond and were promised work in Canada.

But when Dominguez arrived from the Philippines in 2009, she says Denny's failed to provide the promised work, didn't pay overtime

and refused to cover expenses, such as travel fees.

The settlement approved March 1 is worth more than \$1.3 million and reimburses the affected workers for lost hours, overtime, airfare and employment agency fees.

Denny's will also pick up the workers' legal fees and expenses and will donate \$80,000 to charity.

THE CANADIAN PRESS

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Marijuana facilities may face the same restrictions as other noxious industries in Maple Ridge.

ED ANDRIESKI/THE ASSOCIATED PRESS FILE

Grass should grow outside: Draft bylaw

Maple Ridge.

Proposal aims to push marijuana production to agricultural areas

A Metro Vancouver district council is moving to nip a problem in the bud by regulating where medical marijuana can be grown.

A newly drafted Maple Ridge bylaw proposes that commercial medical marijuana production be permitted only in agricultural zones.

The bylaw attempts to address issues that can come with residential grow operations, such as electrical fires,

Opposition

"If you want things to be secure, you don't isolate them."

Craig Speirs, a former Maple Ridge councillor, who disagrees with the motion.

waste, environmental concerns and the drug's diversion into the illegal market.

Commercial marijuana facilities would face the same building restrictions as other pungent industries, such as pig farms or mushroom barns, with requirements to be at least 30 metres from rear lot lines and 60 metres from front lot lines.

Grow operations would also need to be at least 200 metres away from schools due to ongoing odour complaints.

District planner Diana Hall said it's believed that Maple Ridge is the first district in B.C. to draft a bylaw of this nature.

The bylaw has yet to be voted on by council, but Hall is confident it will pass and make it to the public hearing stage.

The bylaw is in anticipation of a 2014 change when federal licences handed out for medical grow facilities are expected to be geared toward large-scale, rather than personal, production.

THE CANADIAN PRESS

Old habits?

Man arrested for allegedly stealing van mere minutes after his release

A man arrested Wednesday for stealing a vehicle in December didn't make it far.

Minutes after being released, Kevin James Biley of Burnaby, 22, was found in a stolen 1996 Honda Odyssey half a block from the New Westminster Police Department's office.

Immediately recognized by police, Biley allegedly made several quick turns in the van, abandoned it and was arrested after a "very short" foot pursuit, the NWPD said. **METRO**

Assault allegations. Evidence not enough to charge Mountie: Crown

An RCMP officer has been cleared of an assault charge in connection with allegations that he repeatedly punched a man in the head in Terrace.

Criminal Justice Branch spokesman Neil MacKenzie says the charge against the unnamed officer was not approved after a careful analysis of the May 15, 2012, incident involving William Watts.

MacKenzie says the evidence does not reliably establish the accuracy of the allegations against the Mountie.

He says Crown lawyers have also concluded that

they can't prove unlawful force was used in pulling Watts from a police vehicle, resulting in his fall to the ground.

MacKenzie says the evidence as a whole suggests there is no substantial likelihood of a conviction on a charge of assault.

The B.C. Civil Liberties Association has raised concerns about the RCMP's treatment of aboriginal people in north-west B.C. in three separate incidents.

THE CANADIAN PRESS

\$3B subway in TransLink's final 3 options for Broadway

Wish list. Both the city and UBC push for subway option in the leadup to the election



EMILY JACKSON
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The brain train to UBC just rolled a little closer to fruition.

TransLink narrowed down its options for rapid transit along the Broadway corridor to the final three. And, despite its \$3-billion price tag, the underground SkyTrain made the list.

Not that the other two options — street-level light-rail or a mix of street-level and tunnelled rail — are cheap. TransLink pegged the cost of the LRT at \$1.1 billion and the combo at \$2.7 billion based

on 2010 dollars.

TransLink, which released the final three choices along with transit options for Surrey this week, started analyzing seven options in 2009.

It nixed bus-based routes because they wouldn't be able to meet 2041 capacity. If the subway is chosen, in 30 years TransLink estimates it will have 320,000 daily boardings.

The report comes as both the city and UBC publicly push for the subway option in the leadup to the provincial election.

Last week, the city touted a consultant's report that said the Broadway corridor needs rapid transit if it wants to become a leading high-tech hub.

There is, of course, still the pesky issue of who will foot the bill for the \$3-billion underground SkyTrain to the university.

Funding is especially



Transit along the Broadway corridor. JENNIFER GAUTHIER/METRO FILE

tight since Surrey, the fastest growing city in the Lower Mainland, also needs major transit upgrades. The four top alternatives in Surrey range in

cost from \$900 million to \$2.2 billion.

Before any decisions are made, TransLink will facilitate a regional discussion that will

consider benefits, affordability and overall system needs.

The regional mayors' council has proposed vehicle registration fees, a regional sales tax, a regional carbon tax, road pricing and land-value capture as potential funding mechanisms for the desperately needed transit.

Are you a foreign worker in B.C.?



The BC Provincial Nominee Program, the Employment Standards Branch, and Citizenship and Immigration Canada will be hosting a free information session for foreign workers currently working in B.C.

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PLACE: UBC Robson Square, C300 - Theatre
800 Robson Street, Vancouver, BC

To register for this session, please contact Melissa Sale at Melissa.Sale@gov.bc.ca or by telephone at 604-660-3734.

Please note that presentations will be in English.

To learn more about the BC Provincial Nominee Program, visit **WelcomeBC.ca**



WelcomeBC



Should city host New Year's Eve party?

Affleck's idea.

Councillor wants corporate sponsors to help throw a holiday shindig in the downtown core

Coun. George Affleck is in the mood to party.

Affleck wants the city to look into throwing a New Year's Eve celebration in the downtown core on Dec. 31 using money raised from corporate and media sponsors.

"We're already seeing a party happening downtown organically," Affleck said, pointing to those who go to Robson and Granville on New Year's Eve and wait for something to happen.

"People want to be together for that moment."

There's no reason one of Canada's largest cities can't host an event with a "Times Square feel," said Affleck, who lives downtown and has joined the sporadic gatherings to ring in the New Year.

"At the bare minimum, we could have a clock," he said.

Affleck will put forward a

motion asking staff to look into options for such a party, including locations, security and the possibility of entertainment.

But the event should only be as elaborate as sponsorship money allows so taxpayers aren't on the hook, Affleck said.

Council will vote on Affleck's motion next week.

EMILY JACKSON/METRO



Fireworks on menu? Well, what does council think?

JENNIFER GAUTHIER/METRO FILE

Man fined \$196

A drunk driver? No, he's trying to eat his lunch

Police in Victoria are cautioning against distracted driving after a man was caught swerving all over the road while trying to eat lunch.

On Tuesday, police received numerous reports of a possible drunk driver near Craigflower and Tillicum roads. Witnesses said the van was all over the road, driving into bike lanes and crossing into oncoming traffic.

Police pulled the vehicle over on Tyee Road. Officers determined the driver was not intoxicated, but instead had been trying to eat and drive at the same time.

"Distracted driving is one of the leading causes of serious collisions on our roads," said Sgt. Glenn Vermette. "The witnesses did all road users a great favour today in calling our attention to this driver."

The man was fined \$196 for driving without due care and attention.

LUKE SIMCOE/METRO VICTORIA

Geriatric parrots

Birds of a feather have a long list of ailments

At the World Parrot Refuge in Coombs, some of the residents are no longer spring chickens.

Already home to some 900 birds, the shelter has converted an old school portable into a home for geriatric parrots. It features comfortable couches, a fireplace and even art therapy classes.

"We have to separate them from the other parrots. In the wild, they would pose a problem to the flock," said the facility's owner, Wendy Huntbatch.

With life expectancies in excess of 70 years, parrots are one of the few pets with the capacity to outlive their human owners.

"They have the same types of problems and diseases that people get, really," Huntbatch said. "We've got nine blind parrots — parrots with arthritis or epilepsy, and some that have had strokes."

LUKE SIMCOE/METRO VICTORIA

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City in clear. Judge drops Coquitlam from RCMP clerk's harassment suit

A harassment lawsuit filed by a Coquitlam RCMP civilian clerk is dismissed against the City of Coquitlam, a judge has ruled.

Sherri Merritt filed her civil claim against Coquitlam, a number of Mounties and the federal and provincial governments, claiming she was harassed by her superior Coquitlam RCMP officers after she went on medical leave for cancer treatment.

Merritt was accused of deleting computer files, which

Merritt denies, and she was suspended without pay.

She then filed legal action and her union, CUPE Local 386 has filed a grievance to have her reinstated.

On Wednesday, B.C. Supreme Court Justice Arne Silverman allowed the City of Coquitlam to be dropped as a defendant in the case.

But the judge refused to grant a similar application to strike Merritt's claim against the provincial government.

THE CANADIAN PRESS

Laneway builders optimistic about proposed rule changes

Zone expansion. City estimates show overhaul will make an additional 2,800 lots available

REBEKAH FUNK

The Canadian Press
exclusively for Metro

Recently proposed changes to Vancouver's laneway housing regulations are prompting optimism from proponents, but also a caution from one city councillor who warns the move could result in taller projects.

Red tape

City regulations have already been revised in the past year. Alterations for safety and "massing" — to avoid looming laneway homes — sent Steve Rom's architect back to the drawing board early on.

The changes being presented at public open houses Wednesday and Thursday evening propose to fast-track the approval processes for one-storey coach houses and expand zoning to allow them in all single-family residential zones.

The zoning changes will make an additional 2,800 lots available for laneway house development, according to city estimates, and the homes will be made "more livable" with new regulations allowing for 644-square-foot homes to be built on 33-foot lots.

The city's ultimate goal is to build more sustainable, single-family residential communities and provide affordable housing for renters, seniors and those who want to live close to work, school, transportation and retail services, said Sandy Swanton, a spokesman for the city.

Coun. George Affleck, however, says laneway houses are a far cry from affordable, with rent ranging from \$1,000 to \$2,100 a month.



Builders are trying to fast-track the approval process for laneway houses, like this one between W. 37th and W. 38th avenues. ERIC DREGER/THE CANADIAN PRESS

"This is Vision Vancouver's attempt to increase the rental-housing statistics before the next election," he said.

The NPA councillor called recently approved coach-home projects "just houses in peoples' backyards." Building

heights, he claims, have crept up since the initial 600-square-foot concept.

Steve Rom, a Vancouver resident, decided last May to build a coach house at the back of his 33-foot lot on 39th Avenue that totals just under 650

square feet.

"I never anticipated it would take this long," he said of the design and approval process. "The goalposts are changing by the week."

Rom plans to rent out the laneway house until his two

adult-age kids move back home or he and his wife decide to downsize.

The city's densification plans are a move in the right direction, he said.

"If I can add value to the property, it's a win-win."

VPD accused of unfairly targeting Eastside residents



Pivot lawyer Doug King METRO

If you are a Downtown Eastside resident and you get a ticket, make sure not to drop it. That could earn you another ticket, this time for littering.

Pivot Legal Society and the Vancouver Area Network of Drug Users (VANDU) have filed a complaint with the Vancouver Police Board about ticketing situations like these on the Downtown Eastside, where they allege the Vancouver Po-

lice Department is unfairly focusing ticketing efforts.

At a press conference at Pivot's headquarters, Pivot lawyer Doug King said the VPD are especially focused on ticketing street vendors for obstructing sidewalks despite receiving no complaints about obstruction.

King said the VPD is practising "proactive policing," making a concerted effort to find crimes instead of waiting for

Allegations

"Tickets are given out where the offences occur."

VPD Const. Brian Montague on accusations the VPD is unfairly targeting the Eastside.

them to be reported. King said this approach is only used on the Downtown Eastside within

Vancouver.

"We believe this is discrimination on the basis of social conditions and it's not acceptable policing policy," he said.

In an email, VPD Const. Brian Montague called the allegations "misleading."

"Tickets are given out where the offences occur," he wrote. "We don't have a street-vending problem in other

areas of the city generating disorder, selling stolen property or unsafe food products and acting as a cover for drug dealing."

Montague also wrote the VPD has enacted the Missing Women Commission of Inquiry's recommendations to reduce the number of minor offences ticketed, especially of fences allegedly committed by women. LIAM BRITTEN/METRO

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Why? Who would want to kill this 'nice' couple?

'Senseless' deaths in Florida. Multiple suspects hunted in murder of Canadians enjoying their retirement together

More grim details emerged Wednesday about the "senseless" homicide of a "nice" Canadian couple in Florida that has left police mystified.

Rochelle Wise, 66, and

David Pichosky, 71, were killed by asphyxiation in their winter home in Hallandale Beach, police say.

But why?

They had no enemies and likely didn't know their killers, police say.

Investigators believe they are looking for multiple suspects, but haven't been able to figure out any motive.

"As the details come out I believe the public will be shocked just to know how senseless this murder was," said police Chief Dwayne

Flournoy. "It angers me that someone came into this home and killed these two people who, (from) what we've been able to identify, they have no enemies."

"They were nice people. They were enjoying their retirement. They were enjoying their new marriage."

Crime Stoppers USA is offering a \$51,000 reward — most of it coming from an anonymous donor.

Police have received fewer than 100 tips and though the force is dedicating all the

resources it can to the case, they still need more information, said Flournoy — who appealed directly to people who may be involved but are "less culpable."

"We just need that one break or that one piece to the puzzle so that we can fill it all in," Flournoy said.

Wise's son Jamie said his mother had "worked hard her whole life and finally found love and was just starting to taste some of the benefits of hard work."

THE CANADIAN PRESS



Murder victims: Rochelle Wise and David Pichosky had no enemies, Florida police say. COURTESY SUN SENTINEL

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Stompin' Tom Connors died Wednesday. DARREN CALABRESE/THE CANADIAN PRESS FILE

True icon. Stompin' Tom leaves a final message

Canadian country-folk legend Stompin' Tom Connors has died. He was 77.

Connors passed away Wednesday from what a spokesman described as "natural causes."

Brian Edwards said the musician knew his health was declining and had penned a message for his fans a few days before his death.

In the message posted on

his website, Connors says Canada kept him "inspired with its beauty, character, and spirit, driving me to keep marching on and devoted to sing about its people and places that make Canada the greatest country in the world."

Connors is survived by his wife Lena, two sons, two daughters and grandchildren.

THE CANADIAN PRESS

Driver charged

Teacher's van loaded with 12 students was speeding: Police

A Toronto teacher is facing charges after allegedly speeding down Highway 401 in a van with 12 students inside.

The white passenger van was pulled over at 11:36 a.m. Sunday near Merlin Town Line, police say.

They say there were 12 students inside and the driver said they were headed to a basketball game.

Police say the van was travelling 146 km/h in a 100 km/h zone.

The driver, a 44-year-old teacher from Father Henry Carr Secondary School, was not licensed to be operating the van, police allege.

Paul Melnik has been charged with driving with an improper licence and speeding.

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'The fight goes on! Chavez lives!'

Venezuela. Tens of thousands line the streets of Caracas, mourning the death of their influential socialist leader

A flag-draped coffin carrying the body of the late Venezuelan president Hugo Chavez floated over a sea of supporters on Wednesday on its way to a military academy where it will lie in state. Away from the procession route, jittery Venezuelans facing an uncertain future without their larger-than-life leader flocked to supermarkets and gas stations to stock up on supplies, preparing for the worst a day after Chavez succumbed to cancer.

Tens of thousands lined the streets or walked with the casket in the capital, many weeping as the body approached, led by a grim drum major. Other mourners pumped their fists and held aloft images of the late president, amid count-



A supporter of Venezuela's late president Hugo Chavez holds a picture of him above a crowd waiting for Chavez's coffin to be taken from the hospital, where he died on Tuesday, to a military academy where it will remain until his funeral in Caracas.
RICARDO MAZALAN/THE ASSOCIATED PRESS

less waving yellow, blue and red Venezuelan flags.

"The fight goes on! Chavez lives!" the mourners shouted in unison, many through eyes red from crying late into the night.

Chavez's bereaved mother, Elena Frias de Chavez, leaned against her son's casket, while a priest read a prayer before the procession left the military

hospital where Chavez died at the age of 58. Vice-President Nicolas Maduro, Chavez's anointed successor, walked with the crowd, along with Cabinet members and uniformed soldiers.

"I feel so much pain. So much pain," said Yamile Gil, a 38-year-old housewife. "We never wanted to see our president like this. We will al-

ways love him."

The former paratrooper will remain at the military academy until his Friday funeral, which promises to draw leaders from all over the world. Already, the presidents of Argentina, Uruguay and Bolivia have arrived to mourn a man whose death leaves an enormous void in the region's anti-American left.

THE ASSOCIATED PRESS

Chavez's legacy

World leaders react

Some cried, some cheered. Many Latin Americans mourned the death of Venezuelan president Hugo Chavez, leaders in Europe and Asia sent condolences and Iran's president predicted great works in the afterlife.

U.S. President Barack Obama, meanwhile, focused on "a new chapter" for Venezuela, following 14 years in which Chavez cast himself as a bulwark against U.S. domination.

Chavez was seen as a hero by some for his socialist programs, his anti-U.S. rhetoric and gifts of cut-rate oil. Others considered him a bully who repressed his opponents.

A teary-eyed Bolivian President Evo Morales, one of Chavez's closest allies and most loyal disciples, de-



Supporters of Venezuela's late president Hugo Chavez embrace as the coffin containing his body passes in the street.
RODRIGO ABD/THE ASSOCIATED PRESS

clared that "Chavez is more alive than ever." Officials in Cuba, Iran and Russia had effusive praise for the late leader.

President Mahmoud Ahmadinejad of Iran announced a day of mourning and compared Chavez to a saint, saying he will "return on resurrection day."

THE ASSOCIATED PRESS



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Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
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Facebook redesign appeals to advertisers



Facebook will be offering content-specific feeds and larger ads. GETTY IMAGES FILE

Still your friend? News feed will also include content-specific options

Facebook is expected to unveil a fresh design of its news feed on Thursday, with changes said to include multiple content-specific feeds and larger advertisements.

The news feed has not significantly changed since 2006, and the long-awaited update is expected to make the social-networking site more attractive to advertisers.

"It's a direct shot across the bow at Google," said IDC analyst Kevin Restivo. "Those two companies are mortal enemies and this just brings them into greater competition against each other. The battleground is

the advertising field."

At a news conference, Facebook promised to introduce a "new look for news feed."

In its current form, the news feed is a chronological stream of updates from friends, celebrities and companies that users follow, with few options to organize the content.

Facebook has been tight-lipped about its plans, but technology news site TechCrunch

reported the company will offer new ways to filter your news feed, allowing users to switch between different categories.

For example, one could click on a photos feed to see friends' Facebook and Instagram snapshots, or a redesigned music feed to see what they're listening to. A media feed, with the latest updates from news websites, could also be an option.

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Red Chamber. Senator facing heat for expense claims, relationship



Media reports say Sen. Pierre-Hugues Boisvenu is in a romantic relationship with his aide, Isabelle Lapointe. FACEBOOK

A Quebec senator is in the spotlight over reports he is in a romantic relationship with an employee on Parliament Hill.

Conservative Sen. Pierre-Hugues Boisvenu, 64, is the latest member of the Red Chamber to come under scrutiny as part of the ongoing controversy surrounding expense claims.

Montreal-based newspaper La Presse reported this weekend that Boisvenu claimed more than \$20,000 in living expenses for his time spent in the Ottawa area, while claiming his primary residence is in Sherbrooke, Que.

Meanwhile, the newspaper reported Boisvenu is involved romantically with his aide, Isabelle Lapointe, a former criminal analyst whom he hired to

be his executive assistant, also in charge of communications.

The relationship appears to go against rules governing the hiring of employees at the Senate of Canada, as far as they were explained to other media, but communications staff refused to state those rules when asked about them on Tuesday.

Neither Lapointe nor Boisvenu responded to interview requests on Tuesday.

Boisvenu told La Presse his personal life has nothing to do with anyone but him.

Boisvenu also explained the allowance by saying that it is his legal permanent address until his divorce is finalized.

A Senate standing committee appeared to conclude his expense claims were legitimate. TORSTAR NEWS SERVICE

Quebec

Morgue worker fired for collecting pics of deceased

Quebec's coroner's office has confirmed the firing of an employee in the wake of a news report that a morgue worker collected pictures of dead women and children.

The chief coroner said Wednesday that the em-

ployee was dismissed last year, months after officials received a tip from a colleague and investigated.

Chief coroner Louise Nolet would not comment on a news report that the employee created a library of photos, gathered since 1995, and would look at them when his colleagues left the room. Quebec's TVA network said the employee worked at the Quebec City morgue.

THE CANADIAN PRESS

Storm slams Mid-Atlantic, D.C. spared

Varying impact across region. Washington shuts down with up to 10 inches of snow forecasted, but ends up receiving far less

After pummeling the midsection of the U.S. with heavy snow, a late-winter storm made its way Wednesday toward the Mid-Atlantic region, dumping nearly two feet of snow in some places and knocking out power to about 250,000 homes and businesses, but largely sparing the nation's capital.

Residents of Washington, D.C., had braced for the possibility of snarled traffic and power outages, and as the

Taking precautions

Airlines along the storm's projected path cut flights, including hundreds Wednesday, most of them at Dulles and Reagan National airports in the Washington area, according to FlightAware.com.

storm closed in, the federal government said its offices in the area would be closed Wednesday.

The storm had brought around 10 inches of snow to weather-hardened Chicago by late Tuesday, when snow was also starting to come down in parts of Virginia. Schools were closed in Minnesota, Wisconsin and Illinois. **METRO/WITH FILES FROM THE ASSOCIATED PRESS**



A man braces against a small tree and a woman leans against the wind as it whips between buildings Wednesday in Trenton, N.J. Winds from a winter storm lashed New Jersey and did some damage across the region. MEL EVANS/THE ASSOCIATED PRESS

U.S. man accused in G20 violence makes bail

An American man facing charges in Toronto over the G20 summit in June 2010 will be allowed to return to the United States until his trial.

Richard Dean Morano's lawyer said Wednesday the 22-year-old is being freed on \$80,000 bail and will stay with relatives in his home state of Pennsylvania.

Morano, of Lackawaxen,

Penn., was one of two Americans extradited from the U.S. Tuesday on charges stemming from the riots that occurred two years ago during the meeting of world leaders.

Kevin Chianella, 20, from Queens, N.Y., also appeared in court but his case was put over to Thursday because he had no surety, police said.

Both men face numerous

charges, including mischief endangering life.

Police allege Morano smashed a police car window with a rock while an officer was inside and used a piece of lumber to break the window of a clothing store. He is also accused, with others, of smashing windows at two coffee shops, a branch of the CIBC and a leather store. **THE CANADIAN PRESS**

Prosecuted

40+

More than 1,100 people were taken into custody during the G20 summit weekend in one of the largest mass arrests in Canadian history. Most were released without charges but more than 40 people have been successfully prosecuted.

'Disturbing the peace'

No joke: N.Y. man issued summons for laughing too loudly

A Long Island man says he didn't know it was a crime to laugh.

Robert Schiavelli of Rockville Centre was slapped with two summonses for "disturbing the peace."

Police responded to his

home on Feb. 12 and 13 after receiving complaints from his next-door neighbour that his loud laughs could be heard across the driveway.

The 42-year-old was charged with acting "in such a manner as to annoy, disturb, interfere with, obstruct, or be offensive to others."

At his arraignment Tuesday, a judge declined to dismiss the charges.

THE ASSOCIATED PRESS



Are immigration laws keeping parents from their children?

An exclusive CBC News investigation looks at one mother's heartbreaking story.



Tony Parsons

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Puerto Rico

Woman appeals gay-adoption ruling

A lesbian whose adoption request was recently denied by Puerto Rico's Supreme Court is appealing the ruling.

The woman's partner gave birth to a girl, now 12, through in-vitro fertilization. Attorney Nora Vargas represents the woman and said Wednesday that it is in the child's best interest for

the woman to adopt the girl as the second parent.

The announcement of the appeal comes two weeks after the high court voted 5-4 to uphold a law barring gay couples from adopting children.

It was the first time the court heard a case on same-sex adoptions.

Legislators in the U.S. territory are considering several proposals to extend more rights to gays and lesbians. **THE ASSOCIATED PRESS**

Mexico

U.S. tourist killed by tidal wave

Officials said a giant wave struck a pair of U.S. tourists strolling on the beach near the famous stone arch in the Mexican resort of Cabo San Lucas, killing a 65-year-old woman and leaving a 70-year-old man in serious condition.

State police said the two were walking back to their

hotel when they were hit by the wave and dragged out to sea on Tuesday. They were pulled out by navy personnel. The woman was declared dead and the man was in serious condition Wednesday.

Authorities said the woman had a Wisconsin driver's licence and the man had one from Nebraska, but it was unclear where they were currently living or whether next of kin had been notified.

THE ASSOCIATED PRESS



Pop star Carly Rae Jepsen, of Mission, B.C. JOEL RYAN/INVISION/THE ASSOCIATED PRESS

Scouts Canada to Jepsen: We share your pro-gay stance

Book her, maybe?

Singer cancelled Boy Scouts of America gig over group's LGBT policy

In the wake of Carly Rae Jepsen's cancellation of her Boy Scouts of America (BSA) performance due to the group's exclusion of gay people, Scouts Canada is reaffirming its stance on inclusiveness — and says Jepsen is welcome at their jamboree.

The Canadian pop star said on Twitter that “as an artist who believes in equality for all people” she was pulling out of the BSA's jamboree in July. Rock band Train also warned that it won't appear unless the organization stops barring participation by gay scouts or adult leaders.

BSA director of publicity Deron Smith said the organization appreciates “everyone's right to express an opinion.”

In May, the Boy Scouts of America's 1,400-member National Council is expected to consider a proposal to allow sponsors of local Scout units to decide for themselves whether to admit gay people.

Meanwhile, Scouts Canada

Scouts Canada

“We accept boys and girls, we accept LGBT members, we accept people of all faiths.”

Kaylee Galipeau, national youth commissioner and chair of the national youth network for Scouts Canada

— fully separate from the BSA — clearly stipulates it “does not discriminate for reasons of gender, culture, religious belief or sexual orientation.”

In 2001, the organization's social-justice and diversity policy reaffirmed its stance, noted Kaylee Galipeau, national youth commissioner and chair of the national youth network for Scouts Canada.

“It's really just been an opportunity for us to remind people that ... we're vibrant in Canada, we're growing and we are open to everyone,” she said from Valhalla Centre, Alta.

Scouts Canada is preparing to host its jamboree from July 6 to 13 in Sylvan Lake, Alta. Galipeau extended an invitation to both Train and Jepsen to attend.

THE CANADIAN PRESS

Emily Tommolino
Clinical Student

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F-35s. Jet's blind spot could cause pilot deaths, Pentagon report shows

The F-35 jet, eyed as Canada's fighter of the future, may have a fatal flaw — a blind spot that prevents pilots from "checking their six" or easily watching for an enemy behind them, a new report says.

Experienced fighter pilots who have flown the high-tech aircraft say the design shortfall could cost future F-35 pilots their lives.

"Aft visibility will get the pilot gunned every time," wrote one American pilot, who flew the fighter last fall at Florida's Eglin Air Force Base.

"The head rest is too large and will impede aft visibility

and survivability during surface and air engagements," wrote another.

Their comments are contained in a recent assessment prepared by the U.S. Defense Department of the F-35A and the system to train new pilots how to fly it.

The Feb. 15 report, prepared by Michael Gilmore, director of operational test and evaluation, paints a sobering picture of an aircraft that remains far from being combat-ready. Pilots who flew the aircraft last fall faced a litany of "significant" restrictions that barred them from flying at night, in bad weather, in formation with other aircraft, doing aerobatics or testing the jet's combat capabilities.

"As a result of the immaturity of the F-35A, student pilots were limited in flight maneuvering to very basic aircraft handling," the report says.

"The aircraft is still very immature; utility of available training is limited."

TORSTAR NEWS SERVICE

Canadian pilot

Despite the report's concerns, one Canadian remains bullish on the jet's abilities. Billy Flynn, a former CF-18 pilot and squadron commander, is now an F-35 test pilot and says the jet is better than anything he's flown.

Alcohol one of the top health threats to Canadians: Report



The report notes seven of 10 provinces meet only 50 per cent of their full potential on advertising policy, and suggests a simple solution: Shift the "focus of provincial liquor board websites away from product promotion" and towards a "health-focused" message. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Drinking costs. CAMH research estimates booze translates to a \$14.6-billion burden on health-care and law-enforcement services

It's a sobering nationwide report with a stark conclusion: Alcohol is one of the greatest public-health threats in Canada. And the provinces are not doing enough to curb its deadly potential.

The report, Strategies to Reduce Alcohol-Related Harms and Costs in Canada: A Comparison of Provincial Policies, was published Wednesday by the Centre for Addiction and Mental Health.

Lead author Norman Giesbrecht, a senior scientist at CAMH, said it is mind-boggling how lax harm-reduction policies are across the country.

Giesbrecht's report, which notes 80 per cent of Canadians

A growing problem

Giesbrecht says the lack of attention to the problem of alcohol runs contrary to statistics: Alcohol accounted for eight per cent of all deaths (under 70 years old) and seven per cent of all hospital stays in 2002, and from 1996 to 2010, total consumption increased by 13 per cent.

drink, ranks provinces on 10 key harm-reduction policies, including pricing, availability, marketing, legal drinking age and warning labels.

Ontario came first, Quebec ranked last, and Giesbrecht was disappointed with each province's score — Ontario's first-place ranking only reached 56 per cent of a perfect score.

"There's lots of room for improvement," he said. "Alcohol does not get a lot of attention in regards to prevention."

TORSTAR NEWS SERVICE

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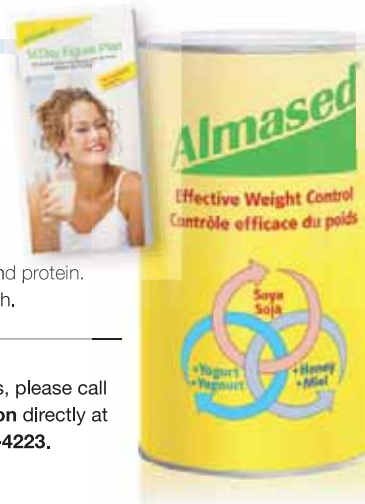
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Canada

Police crash student protest in Montreal

Tuition hike. Biggest change from last year's marches was that students chanted against a different premier

People who thought they'd seen the last of the nighttime protests in Montreal streets against tuition-fee increases heard the familiar drone of police helicopters over the city core Tuesday night as the nocturnal gnashing of teeth by students over the cost of their education was renewed, boiling over into a battle with police.

Montreal's first nighttime tuition-fee protest in several months was almost a mirror image of the demonstrations that filled the city's streets last year.

The biggest change was that protesters were chanting



Protesters opposing Quebec tuition-fee increases demonstrate in Montreal on Tuesday. THE CANADIAN PRESS

against Premier Pauline Marois instead of Jean Charest, who also tried to jack up tuition when he was premier.

And like some of last year's marches, Tuesday night's pro-

test ended with the crash of breaking plate glass splitting the night, the scream of police sirens and the clatter of batons against riot shields as police charged the thousands

Social peace?

Social peace was one of the Parti Quebecois premier's campaign platforms in last year's provincial election. She declared mission accomplished at the end of a summit on education last week.

of demonstrators.

It was the second repudiation in a week of Marois' declaration that student unrest had been put to rest.

The call for Tuesday's march summed up that little had changed from the marches of the past.

"We are angry," the organizers declared in a Facebook page urging people to fill the street. They drew thousands.

Although peaceful at first, the march degenerated near its end as vandalism was reported.

THE CANADIAN PRESS

Curiosity sleeps as solar blast barrels toward Mars

NASA says the Curiosity rover is powering down after the sun unleashed a blast headed for Mars.

Project managers said Wednesday they powered down the car-size rover as a precaution, since it suffered a recent computer problem. The Opportunity rover and two orbiting NASA spacecraft will carry on

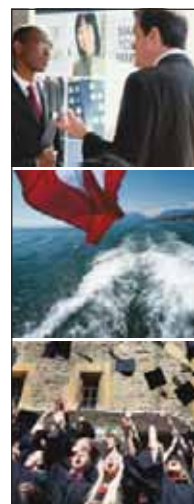
with normal activities.

On Tuesday, scientists noticed a flare erupting from the sun. The burst sent a stream of radiation and a cloud of superheated gas toward Mars.

The solar eruption was not expected to have an impact on Earth. Curiosity is recovering from a memory problem last week. THE ASSOCIATED PRESS



This image provided by NASA shows an image captured by NASA's Solar Dynamics Observatory of a blast of plasma streaming from the sun in August 2012. Scientists say a solar eruption was detected on Tuesday and was headed toward Mars. NASA's Curiosity rover will postpone some activities but other Mars missions will operate normally. THE ASSOCIATED PRESS/NASA



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Goodbye, swirly B: Bay gets rebranded

Modern makeover.
Retailer will now be called Hudson's Bay and use updated logo

The Bay is going back to its roots under a plan to rebrand its operations with a different name and new logo. The department store retailer says it will now be called Hudson's Bay, a nod to its parent company.

A refreshed logo uses the company's name in a simple type face. The full version resurrects its corporate coat of arms, which features a shield and cross, as well as beavers, a fox and two elk.

A spokeswoman for the company says the rest of the rebranding effort will roll out over time. The new logo already has been incorporated



The groovy, decades-old Bay logo, recognizable to all Canadians (top) is being replaced by the more modern and streamlined version shown underneath. The retailer will now be known as Hudson's Bay instead of The Bay. HBC

into the company's loyalty program, which will now be called Hudson's Bay Rewards.

The retailer called the reworking of its brand "a marriage between yesterday's his-

tory and tomorrow's vision."

Plans are to gradually take down The Bay signs at its retail locations, though it doesn't have a timeline for the changes. The parent company will main-

tain its logo of a flag with the letters "HBC" — for Hudson's Bay Company.

Hudson's Bay says this is its first major logo change since 1965. **THE CANADIAN PRESS**

Shell shock. Taco Bell fans hot over Cool Ranch delay

Some Taco Bell fans in the U.S. are angry after they couldn't get their hands on the chain's new tacos made with Cool Ranch Doritos shells a day early.

The fast-food chain had announced this week that it would release its highly anticipated Cool Ranch Doritos Locos Tacos in the U.S. on Wednesday, a day earlier than planned.

But then some fans began posting on the chain's Facebook page complaining their local restaurants didn't have them yet. They said they were told by local employees that the tacos wouldn't be available until Thursday.

"VERY disappointed!" one fan wrote. "Boo to you," wrote another. One fan posted a letter to the chain online, detailing how he and a friend made a trip to their local Taco Bell after midnight Wednesday to get their first taste of the new tacos. He said they ended up getting the regular Doritos Locos Tacos because they were "basically committed anyway."

Taco Bell, which is owned by Yum Brands Inc. of Louisville, Ky., apologized in a statement and said it was humbled by the overwhelming response.

The chain said it wanted to assure fans that Cool Ranch Doritos Locos Tacos will be available nationwide Thursday. It also said it was working to have all participating restaurants honour the early release for the remainder of Wednesday. **THE ASSOCIATED PRESS**



Taco Bell's Cool Ranch Doritos Locos Tacos were supposed to launch Wednesday in the U.S. TACOBELL.COM/SCREEN GRAB

Policy intentions. BoC signals low interest rates will be around for awhile

The Bank of Canada is hinting it is less concerned about household debt levels, making it possible to keep attractive interest rates in place longer to spur investment and economic growth.

As expected, the central bank kept its overnight policy rate at one per cent on Wednesday, the level that has been in place for about two and a half years to ease Canada's recovery from the 2008-2009 global financial meltdown.

But the bank also signalled a mild change in its thinking by softening its closely followed forward-looking guidance on rate hikes, suggesting it now expects the current rate to remain in place longer than it had previously expected.

The bank's governing council cited continued slack in the

Quoted

"I think the bank made it just a little more explicit that they see rates going nowhere any time soon. I think this pretty well locks in the view that there won't be any rate hikes in 2013."

Doug Porter, chief economist with BMO Capital Markets

economy and the extremely low inflation rate as reasons for keeping the interest rate where it is, and the healthier outlook for household finances and debt as alleviating some of the pressure to raise rates.

THE CANADIAN PRESS

Landmark penalty

EU fines Microsoft for breaking pledge

The European Union has fined Microsoft about \$750 million for breaking a pledge to offer personal computer users a choice of Internet browsers when they install the company's flagship Windows operating system. The penalty imposed by the EU's executive arm, the Commission, is a first for Brussels: no company has ever failed to keep its end of a bargain with EU authorities before.

THE ASSOCIATED PRESS

World markets

Dow's record high boosts confidence

The Dow's new all-time high and better economic data from the U.S. propelled world markets Wednesday, with European stocks hitting a four-year high.

Investors are cheered by major central banks' commitments to keep supporting growth in the world's biggest economies. That's helped them look past political trouble in Washington, where budget cuts took effect last week.

THE ASSOCIATED PRESS

Market Minute



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Kids programming

Amazon orders pilot for math-focused mystery

Amazon is continuing its push into producing original children's series, ordering its sixth pilot of shows aimed at kids.

The online retailer announced that it will make a test pilot for Sara Solves It, an animated math-focused

mystery developed by WGBH and Out of the Blue Enterprises. The show is the sixth pilot geared for kids by Amazon Studios, the retailer's original movie and series production arm.

Launched in 2010, Amazon Studios is moving toward presenting its pilots on its Prime Instant Video service. Amazon says it will choose which series to greenlight for a full season based on viewer reaction.

THE ASSOCIATED PRESS

Annual reports

Want to know how Swatch did? Better know some Swiss German

How to show your attachment to your small Alpine country when you're a globally known watch manufacturer? Try writing your annual financial report in the local dialect impenetrable to outsiders.

Swatch Group AG issued its 216-page report for 2012 in Swiss German — an idiosyncratic form of the language that often baffles other native German speakers.

Chairwoman Nayla Hayek said the language switch was meant as "a positive provocation" and she was confident the Swiss "will respond to this expression of our deep connection to our roots with a wink."

THE ASSOCIATED PRESS

Mobile users beware: Web pages now hog 720 KB

Devouring data. HTTP Archive warns the size of an average page has grown 35% in past year

Think viewing a few websites on a smartphone doesn't use much data? Think again.

The average size of a web page continues to grow unabated, a trend that mobile users in particular should take note of.

According to the website HTTP Archive, which regularly studies the top 10,000 most-visited sites online, the average web page now weighs in at about 1.3 megabytes, up about 35 per cent in the last year.

It's not a big data hit when accessing the web at home but it's a different story for users with limited data allowances for their mobile phones.

HTTP Archive suggests the average web page when browsing on a mobile device — accounting for the fact that some websites have mobile-optimized pages and others don't — is about 720 kilobytes.

"That is quite large, that size has really grown a fair bit," says Guy Podjarny, an Ottawa-based web-performance researcher who works for the

Not so friendly

- Don't be fooled by the look of streamlined mobile-friendly sites that are sometimes displayed on smartphones and tablets. While those sites strip away much of the visual excess that doesn't translate well to a small screen, they're not always a lean download.

company Akamai. "Anything that is over the 700 kilobytes or 800 kilobytes range I would mark as too heavy for mobile."

Given that many mobile providers sell plans that start at 150 megabytes a month, basic web browsing — never-mind streaming of audio or video, which quickly gobbles through data — could quickly deplete that allotment.

Accounting for HTTP Archive's average of 720 kilobytes per page, a user could visit about 210 websites, or about seven a day, before exceeding their limit.

Part of the growth in web page size can be attributed to the demand for more aesthetically pleasing designs with more multimedia, Podjarny says. **THE CANADIAN PRESS**

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WHOOOPS! I'M ONLY SORT OF SORRY

I'm sorry I've never said sorry.

"Sorry" has always seemed to be the hardest word, but in 2013 I've seen the error in my thinking. Between bracelet aficionado Lance Armstrong, football coach Rob Ford and anti-shirt activist Justin Bieber, I see now that sorry is the quickest, easiest path to redemption.

Whether you say sorry on Twitter, to Oprah or at a staged media event, you can take your dirty laundry and stuff it in the hamper of history, even if it never actually comes clean.

You'll notice I never said that these men apologized. I only noted that they said the word "sorry." There's a difference.

As I understand it, perhaps naively, an apology involves admitting you were wrong, offering no excuses, and owning your mistake.

Cyclist Armstrong appeared with Oprah and said sorry for using performance-enhancing drugs but also said he never considered it cheating. Oprah, a.k.a. Pope No. 3, still offered absolution and said Armstrong could be "a hero again."



HE SAYS

John Mazerolle

metronews.ca

Toronto Mayor Rob Ford, when it looked like he might lose his job, said he was sorry "to everyone who believes I should have done this differently." That's sincere in its half-heartedness, at least, though it's hard to fit on a Hallmark card.

And singer Bieber had to apologize for taking the stage at a London concert at 10:30 p.m., which is past his fan base's bedtime. It's a minor transgression, to be sure, but the fact he tweeted that "there is no excuse for that" while blaming "technical issues" in the same bird-breath has me assuming he's begun the inevitable downward spiral of a teenage pop star and in eight years will look just like Keith

Richards.

Seeing that I can say sorry for my misdeeds without the pain of any emotional heavy-lifting has inspired me to step up. I'm going to follow the example set by these three wise men, and soon I'll be sorry too.

Here goes.

I'd like to say sorry to my mother for stealing her Chatelaines and Redbooks when I was 11 years old so that I

might peruse them for lingerie ads and illustrated guides to breastfeeding. I'd also like to say sorry to the teenage boys who found my magazine stash in the woods and, after an initial flush of excitement, loomed gravely over the pages, looking sad and whispering aloud, "Why would anyone DO this?"

With your permission, ladies and gents, I'd like to be a hero again.

Furthermore, I'd like to say sorry for the times that I have dropped a half-full cup of coffee into a mall garbage can because I'd been too lazy to find a sink. I apologize sincerely to anyone who thinks I possibly could have done this differently, though I frankly don't see how.

I also apologize for when I do it in the future.

Finally, I'm sorry that I have coveted my neighbour's ox. Like, a lot. There's no excuse for that, but I've had some technical difficulties.

Phew! Wow, that really works. I feel better!

Maybe you need to say sorry too? Perhaps you have a hard time apologizing?

Well, I challenge you to step forward and see how it feels to sort of, kind of, in a way apologize. After all, you're better safe than sorry.

No, wait.

ZOOM

Look, ma: I'm upside down



Canopy reflects wharf's heritage

The crowds appear to walk upside down but on closer inspection this surreal sight is of a giant mirrored canopy.

Recently unveiled in Marseille, France, the Vieux Port pavilion — constructed by architectural firm Foster + Partners — is made of a highly polished stainless-steel covering designed to reflect the city's UNESCO

World Heritage-listed harbour.

"At last in Marseille, when you are with your children, you can take in the city's hustle and bustle — without the shopping," Gaëlle, a Marseillaise who came with her two daughters, told the newspaper Le Monde.

The cost of the project, which took one year to construct, amounted to \$60.3 million, sources say.

METRO WORLD NEWS

Mirror image

"It's quite literally a reflection of its surroundings — its lightweight steel structure is a minimal intervention and appears as a simple silver line on the horizon."

Spencer de Grey, head of design, Foster + Partners

See for yourself

"Our approach has been to work with the climate, to create shade, but at the same time to respect the space of the harbour — just making it better."

Lord Norman Foster, British architect and head of architectural firm Foster + Partners

Clickbait

Reddit is the reigning champ of the Internet's thriving time-sink industry, providing daily bumper crops of cat pics and Good Guy Greg memes. This week, there's the irresistible Absurd Business Insider Headline Hall of Fame.

1. Nudity, Drunken Stupidity And A Jerk-Of-A 'Friend' May Cost A Startup Founder His Acquisition

2. A Guy With A Pirate Fetish is Selling His Insane Caribbean Mansion For \$35M

3. You Are Directly Related To This Rat

4. Horses Cure Internet Porn Addiction In South Korea

5. Science Explains Why It Hurts So Much To Get Hit In The Balls



Letters

RE: Thanks for the Mammaries, published March 5

I think it's really important that the issues raised by Jessica Napier be widely read and I can't think of a better place than a free, widely available and distributed community newspaper like Metro. I hope Jessica's frank and direct writing allows others to see how insane and damaging it is to focus so much attention on mere body parts.

Jesse Kelly, London, Ont.

Twitter

@metropicks asked: What makes a "real hipster"?

@theunshakable1: Hipster: someone who spends more money on one outfit than I do on my entire wardrobe just to appear homeless without a care.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

SCENE 2



The Coastal First Nations Dance Festival will be held at UBC's Museum of Anthropology from March 6 to 10. CONTRIBUTED

A different kind of March Madness

Festivals. From Métis jiggers to sizzling salsa to Celtic fiddling, your social calendar will be packed this month



BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Fasten your creative seat belts, Lower Mainlanders, because there's a lot going on in and around Vancouver this month.

The Coastal First Nations Dance Festival, a week-long

event featuring the stories, songs and dances of the Northwest Coast's indigenous peoples, runs from March 6 to 10 at UBC's Museum of Anthropology.

"The festival is truly gifted this year with an expansive group of performers committed to the history and culture of their unique art form," says Margaret Grenier, artistic director of Dancers of Damelahamid, the group presenting the festival with UBC's MOA.

"From Inuit throat singers to Métis jiggers to Prairie hoop dancers and beyond, it's a rare opportunity to be able to see such an array of disciplines in one place."

Festival-goers will also be

able to see Chinook song-catchers, Git-Hoan dancers, Rainbow Creek dancers and more. For more information, visit Damelahamid.ca.

The fourth and final Vancouver International Salsafestival adds some sizzle to the scene from March 7 to 10 at the Westin Bayshore, featuring performances, parties and workshops with more than 4,000 participants.

"(It's) epitomized by an electrifying atmosphere and non-stop entertainment," says festival executive director Cheyenne Kamran.

"This year's program includes numerous productions, education experiences and events for all levels of partici-

pants, celebrating the community's fun and numerous achievements one last time."

Check out salsafestival.ca for more info.

And let's not forget about the Irish — although you certainly don't have to be from the Emerald Isle to celebrate CelticFest, which kicks off March 9 and runs until March 17 at various venues and locations around Vancouver.

"This year we celebrate our Celtic roots with a special March 14 double-bill at the Vogue Theatre," says festival director of programming Ross Powell.

"This concert features the acclaimed musical partnership of two brilliant artists

CelticFest

- We can't neglect to mention the ninth annual St. Patrick's Day Parade, which takes place downtown on March 17.
- For more info about the festival and parade route (it starts at 11 a.m.), visit celticfestvancouver.com.

from Cape Breton: Gaelic singer Mary Jane Lamond and fiddler Wendy MacIsaac, as well as a rare visit from the stunning Maevie Mackinnon, twice nominated as Scotland's Gaelic Singer of the Year."

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They know Jack — actors grilled Chow on late husband

Piecing together a life. Stars of CBC-TV movie relied on details from his wife to colour their performances

Olivia Chow says she was determined to ensure that the upcoming CBC-TV movie about late New Democratic Party leader Jack Layton offered a complete picture of her husband.

That meant succumbing to intense "grilling" by stars Rick Roberts, who plays Layton, and Sook-Yin Lee, who plays Chow — as well as executive producer Laszlo Barna, a giant in the field whose past projects have profiled Celine Dion, Shania Twain and Romeo Dallaire.

Still, there was one thing Layton's widow refused to reveal — the cancer that killed

him. Chow has never identified what exactly led to Layton's death in August 2011, and although Barna pressed her to reveal it now, she refused.

"Cancer is vicious and we decided — I decided and Jack decided — not to talk about the one that actually killed him," Chow said in a recent interview to promote the film. "We talked about prostate cancer but prostate cancer is infinitely curable. And a lot of men have prostate cancer. We don't want to inflict despair into people that have a serious cancer disease that can take you in a few weeks."

The film Jack kicks off in early 2011, about a year after Layton revealed he was diagnosed with prostate cancer.

Boasting that his health has rebounded, he embarks on a federal election campaign to lead the New Democrats to unprecedented wins, achieving

official Opposition party status for the first time in the party's 50-year history in May 2011. He died just months later at age 61.

Through flashbacks, the film traces Layton's rocky journey from Toronto municipal politics to the national stage, as well as his love affair with Chow.

"The harder part for me was piecing together (Olivia Chow's) personality," said Lee, host of CBC Radio's weekly show Definitely Not the Opera.

"She's a woman of few words — very few words — and even with this litany of questions that we assailed her with she would answer in a very brief (way). And I kept sending more and more questions to her and they were equally as brief. So I just had to sort of lean on my investigative ability as a journalist."

THE CANADIAN PRESS



Rick Roberts and Sook-Yin Lee play Jack Layton and Olivia Chow in the CBC-TV movie about the late NDP leader's life that traces his career from Toronto municipal politics to his eventual leadership of Canada's official Opposition party. HANDOUT

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Thursday, March 7, 2013

SCENE

27

There's trouble in the Community



Community returned as a mid-season replacement in February — for the first time without any involvement from creator Dan Harmon. THE ASSOCIATED PRESS

Turmoil. Cast talks about behind-the-scenes strife of the cult hit series — and what its uncertain future may hold

Nothing's certain in network television, but things have been especially uncertain on the set of Community, the quirky college sitcom that's been a cult favourite, but never a mainstream hit.

"Near cancellation," actress Gillian Jacobs said before a PaleyFest tribute to the series Tuesday night. "On the schedule, off the schedule. Tell us one night. We never air on that night. We lose a creator of our show. Reduced episodes. Everything that can happen has happened to us."

Cast member Chevy Chase left the series without even finishing up the current season, months after the show creator Dan Harmon was fired by Community distributor Sony Pictures Television. (Chase bolted with two episodes unfinished — and ac-

cording to cast members, doesn't appear at all in one of them.)

"It's always tough to lose people," said actress Alison Brie. "It's very strange and weird. So I can only imagine that coming back for a fifth season without Chevy would also be weird. But, luckily, it didn't affect us too much this season."

Community returned as a mid-season replacement in February — for the first time without any involvement from creator Harmon.

"I think, as far as season four as a whole, I think the heart is still there," said actress Yvette Nicole Brown. "There's a lot of really great adventures to come. You guys haven't seen the best that this season has to offer yet, so I'm excited for you to see it."

This week's episode, airing Thursday, marks star Joel McHale's character, Jeff, meeting up with his long-lost father, played by actor James Brolin. Perhaps Brolin's real-life wife Barbra Streisand could play Jeff's mom?

"I don't think we could afford Babs," McHale replied. "I would love it. It was interesting listening to Jim

Defenders of the free world

"If I had a super-wish list, it would be the biggest paintball (fight)"

Community actor Jim Rash on his ideas for a series finale

say, 'My wife ...' (And McHale would say) 'Yeah, your wife is Barbra Streisand!' And he was just getting ready to go on tour with her. So, yeah, that would be pretty extraordinary. And what if Justin Bieber were my brother, and the cast of Twilight were my cousins. Explosion!"

As usual, the future of Community is in question. Brie said a fifth season is by no means a given. The series' latest episodes have been clobbered in the ratings by its powerhouse competition, The Big Bang Theory.

As for a possible series finale? "If I had a super-wish list, it would be the biggest paintball (fight)," answered actor Jim Rash — "like the world needs to be saved and only Community can do it. That would be a good way to end."

THE ASSOCIATED PRESS



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SALE CONTINUES

metronews.ca
Thursday, March 7, 2013

Actor Mandy Patinkin stars in *Homeland*. CHRIS YOUNG/THE CANADIAN PRESS

Shaw)

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James Franco thinks it would be awesome if a high-profile Hollywood actor would just come out of the closet already. ALL PHOTOS GETTY IMAGES

Gay rumours partly me: Franco

James Franco is willing to admit he's at least partially responsible for any speculation about whether he's gay or straight. "One of the things that's very much part of my public image is the question of my sexuality," he tells Attitude magazine. "It's not something that bothers me

in the slightest. ... It's partly my doing and partly not my doing." But what he's really interested in is a high-profile actor coming out of the closet. "If there's somebody that was well-respected and very secure with their career, I could see it happening in a very positive way."



Which circle of hell will Tina Fey end up in for her Golden Globes jab, Taylor Swift wonders.

Taylor Swift can't take a joke

Taylor Swift is making some powerful enemies. She responded to Amy Poehler and Tina Fey's joke at her expense at January's Golden Globes ceremony. "You know, Katie Couric is one of my favourite people," Swift tells Vanity Fair. "She said to me she had heard a quote that she loved that said, 'There's a special place in hell for women who

don't help other women.'" While Fey expressed surprise at Swift's annoyance, Poehler has a response of her own: "Aw, I feel bad if she was upset," Poehler tells the Hollywood Reporter. "I am a feminist and she is a young and talented girl. That being said, I do agree I am going to hell. But for other reasons. Mostly boring tax stuff."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jones was wasted when she made out with Miley's fiancé: Source



THE WORD
Dorothy Robinson
scene@metronews.ca

Rumours have been swirling around Miley Cyrus' fiancé Liam Hemsworth and Mad Men star January Jones getting "hot and heavy" at a pre-Oscar party at the Chateau Marmont in February and now Life & Style has additional dirt on the illicit hook-up.

"They went to a private house party, and right in the

middle of the party, January was clinging to Liam, saying, 'You're so handsome,'" a guest reveals in the new issue of Life & Style. "He kept saying, 'We can't do this here.' Then they left holding hands and went out in the hallway and were making out. She was wasted. It wasn't good."

For their part, the magazine has pictures of the two stars riding in a car together on the night in question. "When it comes to men, January just goes for it," another source tells the magazine. "She doesn't seem to care if they're with someone or not. It's like a challenge for her, a game."

As challenges go, drunkenly making out with Liam Hemsworth seems like an easy one. What about climbing Mount Kilimanjaro? Or staying off of Facebook for an entire week? Those are actual challenges, January.



Bizarre accusations: One of Gaga's fans claims Madonna encouraged gay men to have unprotected sex during the height of the AIDS crisis.

Little monster alleges Madonna helped spread AIDS

Lady Gaga's fans are continuing the singer's feud with Madonna whether she wants them to or not, this time even accusing the Material Girl singer of helping the spread of AIDS. In a post on the Gaga fan blog Little Monster Artpop, a Gaga fan criticizes the Gay and Lesbian Alliance Against Defamation (GLAAD) for picking Madonna to present an award to Anderson Cooper at

their awards ceremony next week. "Back in the 1980s, she encouraged gay men to have unprotected sex," read the post, which was removed shortly after garnering media attention. "While she certainly didn't start the disease, she and her lack of morals helped it spread." The post's author vowed to "strike back" in an unspecified manner if GLAAD did not choose another presenter.

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Landing smoothly and stylishly on the runway

Run Tilda, run.

Model Tilda Lindstam reveals her beauty tricks for fighting sugar cravings, skin breakouts and bloat

RICHARD PECKETT
life@metronews.ca

It's fashion month and the going is tough for the world's most sought-after models. How do you keep yourself feeling healthy and looking hot during this exciting but exhausting time?

"I drink a lot of green juices. I like anything with spinach, kale, celery, ginger and lemon. I can't handle too much dairy during the shows because I'm lactose intolerant. It makes me feel bloated and it's bad for my skin.

"I love Lindt Sea Salt chocolate, but I had to give it up. Sweet food gives me a massive sugar rush, which is inevitably followed by a crash.

"So during the shows, I'll snack on macadamia or brazil nuts and green apples if I need an energy boost."

1 run = 1 cheeseburger

"I do so much walking during casting season that I don't have time to workout. If I have time I go for a run, but that doesn't happen very often — maybe once every two months. And then I indulge in a cheeseburger."

Staying clear of rashes and breakouts

In 2012, this Swedish beauty walked more spring runways than any other model — 68 in total. HANDOUT

"I clean my face after every single show. I bring my own Chanel eye makeup remover because I'm sensitive to the MAC one that they use backstage.

It gives me rashes and a red face! And there's not much you can do about a blemish but cover it up with concealer and drink as much water as

possible to clear your skin out."

NYC to London to Milan to Paris

"I get really puffy when I fly. But drinking coconut water and taking vitamin C seems to help. I also use a cooling eye mask the morning of a show if my face is still a bit swollen."



Tilda's top 5 fashion week essentials

Rosebud Perfume Co. Smith's Rosebud Salve

"I love this!"
sephora.com

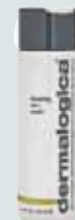


MAC Studio Finish SPF 35 Concealer

"I don't really wear makeup. This is basically all I use."
maccosmetics.com

Dermalogica: clearing skin wash and active moist moisturizer

"I have very sensitive skin and Dermalogica works really well for me."
dermalogica.com



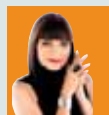
YSL Rouge Pur Couture the Mats in Rouge Rock

"If I'm going out, I keep my makeup simple. I don't wear any eyeshadow, just a dark red YSL lipstick."
yslbeautyus.com

Chanel: Démaquillant Yeux Intense, gentle bi-phase eye makeup remover

"I take my makeup off after each show."
chanel.com

Twitter



JEANNE SPACE
Jeanne Beker
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@Jeanne_Beker: What's the best way to psych yourself to get back into the work mode? My vacation's coming to an end. :(

@PiperGilles: finding a new project to work on :)

@maryjanestitt: Only @Jeanne_Beker can look so elegant as she tweets aboard a catamaran hurtling through space!



@Jeanne_Beker: From where I LIE... Cruising the Pacific on a Sunday afternoon!



@Jeanne_Beker: Living the good life, in Costa Rica!

The Kit

Canadian street style

Spotted in: Toronto

Madison Actress

Age: 24

What she's wearing

Vintage hat, Karen Walker sunglasses, Armani vintage jacket, vintage shirt, Roots sweater, Alexander Wang bag, Wilfred pants and Miista



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Seasonal designer deals

Throughout the year sales are almost guaranteed when clearing out old stock and bringing in new items. But knowing exactly when old stock is being discounted is the key to saving money on large ticket items. Everyone knows the best time to buy a winter coat is at the end of winter, and buying a snowmobile in the middle of summer can get you the best deal. But what about those home-related items we all need? Here's a list of some big savings you should expect over the next month or two.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Chinaware and flatware

Spring is when new tabletop designs are introduced (just in time for June weddings). Older china and flatware patterns go on sale to make room for the new stuff.

Tip: If you have a great collection already, look for pieces to complete your set on sale. If investing in new tableware, keep the colours neutral so that the look stays current for a long time.

Perfume

The two biggest times for perfume sales is Valentine's Day and Mother's Day, so those in-between months is when perfume companies love to have promotions.

Tip: Perfume keeps for a very long time. Consider buying as Christmas gifts.



Luggage

Many travel throughout the summer and just before that time is when new luggage styles are introduced. Look to the early spring for retailers clearing out old styles.

Tip: The full set deals are the most economical. Shop with a friend and split up the set.



Houses & condos

April is when most homes get listed for sale. That means the best selection and often the best competitive prices you will see. If you wait until the summer months you will find either the less desirable homes that haven't sold yet or a very limited choice on the market. **Tip:** Don't underestimate the potential of a less expensive place and adding some custom upgrades yourself. You'll then have exactly what you wanted without spending any more money.

"Off-season" shopping

1 Do your research. When it comes to technology, things move quickly. Find out what features will be new in 2013 and see if any of them may have been introduced on last year's models.

2 Buy in full sets. Whether it be buying luggage, china, bedding or cookware, purchasing the entire set will generally reap larger savings overall.

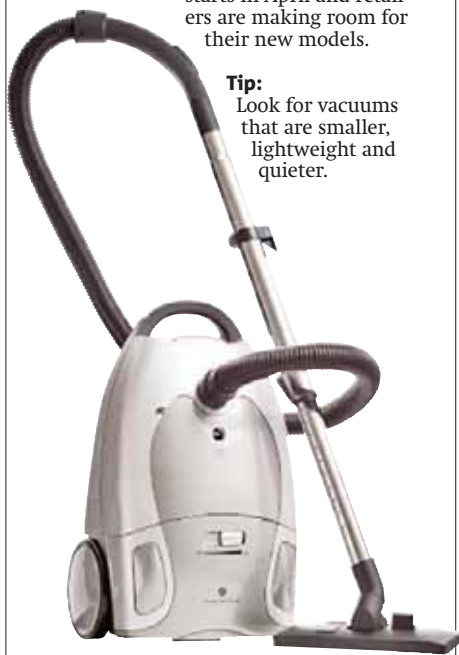
3 Keep things neutral. A simpler colour will tend to last a lot longer than last year's trendiest colour.

4 Buy ahead of the game. Purchasing perfume for a friend's future birthday gift, tableware as a wedding gift or a television prior to your renovation will allow you to save money on something you inevitably would be buying anyway.

Vacuum cleaners

Spring cleaning time starts in April and retailers are making room for their new models.

Tip: Look for vacuums that are smaller, lightweight and quieter.



Televisions

The biggest time for television sales is the fall and early winter. After Christmas there isn't much promise for selling televisions as we start thinking about spring/summer activities, so retailers are trying to get rid of the 2012/early 2013 models.

Tip: Buy your television ahead of a family room renovation and keep it boxed until the reno is finished.

Cookware

Not a lot of pot/pan sales happen until fall, when retailers often have great incentives to purchase full sets.

Tip: Fall is a great time to purchase some as a wedding gift or for a second set for a cottage and buying a full 10-piece boxed set will usually offer up the best value overall.





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Encaustic applause: artists wax poetic about medium's mystique

Versatile. Wax surface technique can be used on two-dimensional art or with 3D works

Denver artist Jamie Lang sold nearly all of his small, hand-made tiles during a recent crafts show, and he can only guess the reasons why. The adobe tiles are minimally decorated — with a red bicycle or a solitary house — and covered with a thin, smooth layer of wax.

"It was new, something different," Lang said after the show in Boulder, Colo., while other artists packed up their wares to take home.

Lang works in encaustic, an ancient medium of pigment and hot wax that's resurging in popularity.

The wax technique dates to at least the first century AD, according to Lissa Rankin in her book *Encaustic Art*. Its popularity waned during the Middle Ages and Renaissance with the rise of tempera paints, but was revived during the mid-18th century, says Rankin. Painters Paul Gauguin and Georges Seurat were among those experimenting with it. In the 20th century, encaustic was featured in painter Jasper Johns' work, including his iconic *Flag*.

Encaustic involves heating beeswax and damar resin, often with added colour, and either pouring or painting the mixture onto a surface. The tree resin helps harden and stabilize the wax. An encaustic surface can be two-dimensional, such as wood or paper, or 3D.

Daniella Woolf, 65, an artist in Santa Cruz, Calif., says she



In Stroganoff, artist Daniella Woolf's preserved her mother's recipes by stitching the cards together and dipping or brushing the ensemble with a wax medium. INTERWEAVE/F+W MEDIA, JOE COCA/THE ASSOCIATED PRESS

discovered encaustic a decade ago and "completely fell in love with it." Its versatility makes it the "glue" that holds disparate mediums together, says Woolf, author of *The Encaustic Studio*.

Encaustic can be unpredictable and unwieldy, but that adds an element of surprise and mystique to the results.

The technique can be combined with anything from oil and watercolour paints to chalk, ink, photo transfers and fabric — even plaster and three-dimensional objects. Colours are mixed into or suspended in the wax, while objects are imbedded.

The encaustic process is not for the faint of heart. There are some basic safety precautions. The wax medium becomes molten hot when it's ready to use, and if its temperature rises above 200 F, the fumes become

toxic.

For this reason, Lang, Woolf and Rankin work in well-ventilated studios. Each recommends having open windows and a fan near the workspace.

"Once (the beeswax and resin) melts down and cools, it's past (having) any kind of the toxic element to it," says Lang.

Additionally, because encaustic involves fusing one layer of wax on top of one or more other layers, a heat source is needed. Woolf uses an open-flame torch. Heat guns and even some irons — specific to the task, not clothes irons — also work. Woolf recommends experimenting to find the equipment that works best. Her book lists basic supplies, as does Rankin's.

"Used carefully, encaustic is safe, natural, luminous, ver-

satile and a great way to either start painting or open up your creativity if you're an experienced artist," says Rankin, of Marin County, Calif.

Encaustic paint starter kits — the colour is pre-mixed with the wax and resin — are available online. Woolf and Lang buy their paint supplies from R&F Handmade Paints' online store. Woolf also teaches workshops for the Kingston, N.Y., paint manufacturer.

THE ASSOCIATED PRESS

Other artists' testimonials

"The medium does things you're not totally expecting. You do have some say in the matter, but there's a 'miraculousness' to it."

Nadine Swahnberg, a Denver, artist and minister.

"Encaustic is fun to do and the product is mysterious and beautiful. I love the great depth you can achieve ... when stuff is about three layers down, it takes on a whole new meaning."

Susan Garwood, a Lincoln, Neb., artist.

"I love it because it allows me to scratch into the surface to discover the image rather than build it in the traditional way."

Mona Marshall of Austin, Texas



Woolf's piece, *Serviette*, in which she adhered various papers, including paper napkins and die-cut shapes, with the wax medium, encaustic.

INTERWEAVE/F+W MEDIA, JOE COCA/THE ASSOCIATED PRESS



A six-inch-by-six-inch tile piece, where Denver artist Jamie Lang painted the wax medium encaustic over an image transfer. THE ASSOCIATED PRESS/JAMIE LANG

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PACESETTER MARKETING



Host Jeremy Sham of the new series *Made in Milwaukee*. HANDOUT

Creative concepts help add comfort and function to your home

DIY ideas. Bringing in your own artistic flair may be just what your family room needs

Creating a space you want to live in doesn't have to be boring. Get inspired by new series *Made in Milwaukee*, where Jeremy Sham and his team don't just renovate rooms but create original works of art.

It can be tough to get design inspiration for a family room because they tend to always be messy — full of clutter and people. However, that doesn't have to be the

case with these fun ideas:

Organization

Create stations within the room to keep mess and clutter in one spot for easy clean-up, while keeping an area sectioned off for the adults. Add a large television shelving unit to put your movies and collections on display.

You can get creative with your shelving options — such as re-using hardwood flooring for durable shelves, or plexiglass shelving where items will appear as if they're floating.

Walls

Breathe life into your family room with paint.

Opt for an ombré wall getting lighter with the colour as the paint gets closer to the ceiling, which creates the illusion of high ceilings.

Painting one wall in the room a bright color or applying a dramatic wall paper design can add an artsy element to the room. Magnetic paint is a kid friendly and fun option. Simply paint over the current wall color and let dry, then stick and unstick to your heart's content.

Another unique idea to consider for your children's entertainment is a chalkboard wall or chalkboard table top. Chalkboard paint is easily accessible and has the same

application process as regular paint.

Décor

3D wall art is a popular trend with endless options such as stickers, plastic flowers and butterflies, and even dinosaur heads.

Arrange the 3D butterflies and flowers in an eye-engaging design and you will feel as if you're at an art gallery.

Next time you're considering renovating your dingy family room, think originality not ordinary. Both you and your family will thank you for it.

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Today's hardwood floors all about texture

Home decor. Experts seeing major shift in the way consumers are choosing their floors

Texture has emerged as the new "colour" when it comes to the main driving force behind wood flooring selections.

"For years colour was always the top consideration for people looking for a hardwood floor, but over the last few years, texture has overtaken colour as the new driver. The reason behind this movement is that texture stimulates our senses with both tactile and visual elements," explained Michel Collin, Marketing Director of Mercier Wood Flooring, one of North America's leading hardwood flooring manufacturers.

The latest handscraped and distressed hardwood floors are good examples of how popular textures have become with discerning wood flooring consumers. According to Collin there's



Texture has taken over as the main driver when deciding on hardwood floors. NEWSCANADA

a big demand for textured wood floors across North America where homeowners are looking to feature the distressed look of barn wood, prominent knots or the natural sculptural and undulating lines of boards

planned the old fashioned way.

"The texture trend is very hot with homeowners today and we have a feeling it's here to stay," added designer Marie François of Dolce Interieur in Montreal.

To keep up with the demand for this growing texture trend in hardwood floors, manufacturers such as Mercier have developed new hardwood series featuring these sought-after tactile and visual elements.

This year Mercier's Nature collection is offering even more textures than in years past as its new Pub Series features hardwood floors that perfectly capture the essence of a well-worn floor. With names like Cour-

Design tip

- A rustic scrape will result in a more "distressed" look and is an ideal choice for an active family. A more sculpted floor with minor surface interruption is considered "classic" and fits perfectly in a contemporary decor.

voisier, Spirits, Stout and Malt the series replicates the unique charm of an Irish pub where its floors have seen it all and lived to tell the tale.

Mercier's Handscraped series features a hand-sanded feel that gives the floor deep character. A traditional effect shines though in the beautiful knots, a deeply distinctive touch that ties any room together effortlessly.

"When it comes to flooring texture treatments such as handscraping, they should be considered as art forms, timeless, unique works of art tailored to your home," added Collin.

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Trouble unleashing your inner gardener?

People new to gardening ask the darndest questions: about how seeds work, about growing the perfect tomato, about waging war with insects (many of them beneficial).

No question is a bad question, though, since good gardening requires a never-ending supply of information. Beginners can find it by talking with neighbourhood gardeners, nurseries, extension agents or by looking online.

"I often get questions dealing with garden problems like, 'I planted my winter squash in the winter so why didn't they grow?'" said Rose Marie Nichols McGee, owner of Nichols Garden Nursery in Albany, Ore. That one developed into a long conversation about plant hardiness.

Fertilizer is a topic that intimidates many gardeners, McGee said.

"I usually tell them to put in a cover crop. It adds a great many nutrients when you turn it over in the spring. I'm also a great champion of using seaweed," she said. "It's the least likely (fertilizer) to burn plants."

Some other frequently

Pro tip

"I fertilize organically. Fertilizers are expensive but composts are cheap."

Rose Marie Nichols McGee, owner of Nichols Garden Nursery in Albany, Ore.

asked gardening questions:

How to begin?

"They usually start by saying, 'I've got some lawn,'" said Roger Doiron, founder and director of Kitchen Gardeners International in Scarborough, Maine. "I generally tell them to get started by using layers and layers of organic mulch. Smother it with organics. That will give them a good base and it's a good way to start."

Where should I plant?

"The proximity to the kitchen when they get started makes it easier to bring in fresh edibles, plus it provides a strong incentive to make gardening a daily habit," Doiron said.

When to plant?

"Beginners know it's sometime in the spring, but there's no good sense about what that means," Doiron said. "There's no single answer, either, so I suggest they connect with other gardeners in the area or go online."

What are some easy vegetables to grow?

"Start small, with perhaps salad greens and herbs," said Renee Shepherd, president of Renee's Garden Seeds in Felton, Calif. "Grow mixed baby lettuce, chives, parsley and dill. Then, as you learn more, you can expand into other vegetables. Don't be afraid to experiment. Even if everything doesn't work out, you'll learn from your mistakes."

What can I plant that will interest my kids?

"Anything that makes gardening fun," Shepherd said. "Grow plants with playful appeal and multiple uses and flavour or fragrance." Favourites include radishes, pumpkins, sunflowers, zinnias, Alpine strawberries and marigolds.

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Number sequence turns up in plant world, art world too

Math. What do pine cones and paintings have in common?

Better known by his pen name, Fibonacci, 13th century Italian mathematician Leonardo of Pisa came up with a number sequence that keeps popping up throughout the plant kingdom — and the art world too.

A Fibonacci sequence is simple enough to generate: Starting with the number one, you merely add the previous two numbers in the sequence to generate the next one. So the sequence, early on, is 1, 2, 3, 5, 8, 13, 21 and so on.

Numbers and plants

To see how it works in nature, go outside and find an intact pine cone (or any other cone). Look carefully and you'll notice that the bracts that make up the cone are arranged in a spiral. Actually two spirals, running in opposite directions, with one rising steeply and the other gradually from the cone's base to its tip.

Count the number of spirals in each direction — a job made easier by dabbing the bracts along one line of each spiral with a coloured marker. The number of spirals in either direction is a Fibonacci number. I just counted five parallel spirals going in one direction and eight parallel spirals going in the opposite direction on a Norway spruce cone.

Or you might examine a pineapple. Focus on one of the hexagonal scales near the fruit's midriff and you can pick out three spirals, each aligned to a different pair of opposing sides of the hexagon.

One set rises gradually, another moderately and the third steeply. Count the number of spirals and you'll find eight gradual, 13 moderate and 21 steeply rising ones. Fibonacci numbers again.

Scales and bracts are modified leaves, and the spiral arrangements in pine cones and pineapples reflect the spiral growth habit of stems.

To confirm this, bring in a leafless stem from some tree or shrub and look at its buds, where leaves were attached.

The buds range up the



A spruce cone with a marked Fibonacci number sequence. A numbers sequence thought up by the 13th century Italian mathematician known as Fibonacci plays out in nature, from pine cones to pineapples.

LEE REICH/THE ASSOCIATED PRESS

stem in a spiral pattern, which kept each leaf out of the shadow of leaves just above it. The amount of spiralling varies from plant to plant, with new leaves developing in some fraction — such as 2/5, 3/5, 3/8 or 8/13 — of a spiral. Eureka, the numbers in those fractions are Fibonacci numbers!

Numbers and art

I haven't forgotten about the artists. It turns out there are certain proportions we humans generally find pleasing: the rectangular proportions of a painting, for example, or the placement of a focal point in a painting.

In a painting, the golden ratio states that the ratio of the distance of the focal point from the closer side to the farther side of a painting is the same as the ratio of the distance from the farther side to the painting's whole width.

A pleasing ratio, it turns out, is 0.618 ... or, if you want to use the inverse, 1.618. Enter Fibonacci: Divide any Fibonacci number by the Fibonacci number before or after it and you get 0.618 or 1.618, not exactly at first, but closer and closer the higher the Fibonacci number you start with. Try it.

THE ASSOCIATED PRESS

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Continuing the chevron love

The geometric print has been everywhere for the past two years — and the trend isn't slowing down. Here are some of our favourite zigzag looks for the home.

TINA CHADHA

Metro World News in New York City



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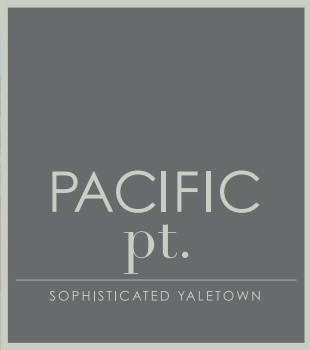


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Make your home run in an efficient way: Clean the ducts

At home. Better air quality, a cleaner home and lower energy costs a few possible benefits

John Santos wants his home to be a healthy gathering place for family and friends, some of whom are recovering from major illness. As part of his effort, he recently had his home's ductwork professionally cleaned.

"I wanted to make certain the air that they were breathing was as clean as it possibly could be," says Santos, 54, a high school technology teacher. "Especially living in a city like Los Angeles, where the air quality can really be poor and cleaning the air systems can provide value."

Although many homeowners consider duct cleaning



A technician using a brush to clean ductwork. NADCA/THE ASSOCIATED PRESS FILE

a way to make their indoor air cleaner, research on whether it can really create a healthier home is in the early stages.

The Environmental Protection Agency recommends looking into duct cleaning after fires, floods, pest infestations and in hazardous waste situations, or if you can see particles coming out of your ducts.

Otherwise, the agency says it's not necessary for the average household.

Tom Keys, president of Atlantic Duct Cleaning in Sterling, Va., says his company has done more than 80,000 duct-cleaning jobs, and that many customers report back that they have better air quality, a cleaner home and lower

energy costs. Customers often are surprised at how much debris collected in their ductwork over the years, he says.

"Most of the people who do it, do it for peace of mind," Keys says. His company has found all sorts of items in ductwork beyond dirt and grime, including class rings, rare baseball cards and construction

debris from when the home was built.

Jodi Araujo, executive director of the National Air Duct Cleaners Association, says homeowners can tell when ducts are dirty by simply removing a register cover, inserting a camera and clicking a photo.

On the other hand, John DeSilvia, a contractor and host of DIY Network's *Rescue My Renovation*, doesn't generally recommend duct cleaning to homeowners. It's normal for dirt to accumulate and stick to the sides of air ducts, he says, adding that the exception is if there's visible mould growth.

If you do have ductwork cleaned, he advises getting a few estimates and ensuring that the service you hire uses high-powered equipment to capture what they dislodge. Otherwise, the effort could backfire.

"Any dust and dirt not collected will be distributed throughout your home, causing a bigger problem," DeSilvia says.

If you decide to get your home's ductwork cleaned, expect to pay between \$400 and \$800 if there's one HVAC (heating, ventilation and air conditioning) system. If you have more than one zone, you could pay more. That's because duct cleaners don't just clean the ducts, they also clean the furnace and air handler for each unit, which could extend the life of your appliances.

DeSilvia says homeowners can do a lot on their own to improve their HVAC efficiency by cleaning dirty coils, fans and registers, ensuring drain pans are emptying properly, and changing air filters at least three times a year. He also recommends a yearly professional tune up. **THE ASSOCIATED PRESS**

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Ever consider energy efficient windows?

Are your windows leaking air? Are they getting more difficult to open? Is the wood frame rotting?

Homeowners choose to replace their windows for a variety of reasons, from energy efficiency to aesthetics.

"It might be the seals have failed or the wood has rotted," said Kerry Haglund, senior researcher at the Center for Sustainable Building Research at the University of Minnesota.

Or homeowners might be looking to replace leaky windows to keep heat or air conditioning in, or they might want added UV protection to protect furniture from fading in the sunlight.

No matter what the motivation, new windows can be costly.

"They're too expensive to think you're going to get your money back either in terms of energy savings or when you're selling your house," said Kit Selzer, a senior editor for Better Homes and Gardens.

Still, new energy-efficient windows can make your home more comfortable in winter and summer, and more at-

Cheaper option

- If you decide not to invest in new windows, you can increase the energy efficiency of your existing ones: "Storm windows are certainly a good idea," Selzer said. Use caulk or weatherstripping to seal any leaks around the frame.
- And insulating draperies or

other window treatments also can help increase comfort. "They're so much more tailored and thinner than they used to be," she said. "Old insulating treatments were very bulky, like putting up blankets. Now, they're certainly sleek and more effective."

tractive. Haglund recommends choosing the most energy-efficient window you can.

The cost for a new window can range from hundreds of dollars to \$1,000 or more, depending on the frame, style — double-hung or casement, for example — and whether you choose single, double or triple pane glass. Decorative elements can add to the price.

A casement window might be a good option in windy areas, said Gary Pember, vice-president of marketing for Simonton Windows.

"As the wind increases, they become more efficient because of the way they seal," he said.

A double-hung that opens only from the top might be a good choice for someone looking for increased security, he said.

Older homeowners or those who think they'll stay in their homes as they age might want to consider a window they don't have to lift.

Frames come in wood, vinyl, aluminum and other materials. Wood frames are more traditional, but require regular painting.

"If you're wanting something maintenance-free, you can't get anything better than vinyl," Pember said.

THE ASSOCIATED PRESS



Mark Clement, a professional contractor and host of MyFixItUpLife home improvement radio show, installs energy-efficient windows in his 100 plus-year-old home. THE ASSOCIATED PRESS/SIMONTON WINDOWS/THERESA CLEMENT

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Taking the time to prepare for your new furry friend will prevent stress and unnecessary accidents. ISTOCK IMAGES

Is your home pet-ready?

Introducing a pet into your home may not be as difficult as you think.

"Pets enrich our lives and bring happiness to our homes, but careful preparation is necessary for such a commitment," says Steve Gray, a broker with Royal LePage Kelowna in B.C. "You can make the process easier with a few helpful tips." Gray recommends the following:

Consider a crate for your pet
Most pets do not come trained and they certainly don't know what's safe to chew.

By crating your pet when you are away, you ensure that your possessions are left intact and your pet's safety is put first.

In addition to protecting your belongings, crating your pet will encourage good behaviour during the most formative years.

Secure your kitchen cabinets
There are many kitchen items that are deadly to animals.

Contact your veterinarian for a list of these products and secure your cabinets with child-proof locks. Keep your trash can tightly lidded.

Make sure your heating and air vents have adequate covers

If you are bringing home a "pocket pet," such as a hamster or guinea pig, you may be surprised at the tiny areas your new friend can squeeze into.

By placing closely-grated covers on your vents, you ensure the safety of your pet. You also prevent fur and hair from clogging your air ducts and decreasing your home's overall efficiency. These tips can make the transition much less complicated.

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Steady diet of Downton Abbey

Cookbook cooking. Latest season of the show recently wrapped so to hold you over, try this inspired recipe

A roast chicken can be elegant to serve. This is a great recipe for beginners as it uses lemons to help keep the chicken moist

and flavourful, Pamela Foster writes in her book *Abbey Cooks Entertain*.

Inspired by the fine cuisine served at the fictional Downton Abbey and other grand English country houses at the turn of the 20th century, this book combines food, history and healthy eating.

Included are 220 recipes and colour photos that provide suggestions for entertaining at

brunch, afternoon tea, cocktails and dinner.

In addition, there is a selection of recipes to host a traditional garden party, and to celebrate English holidays throughout the year.

Just try not to knock the chicken on the floor as Mrs. Patmore famously did in Season 1 of *Downton Abbey*, but if you do, just dust it off and carry on.

1. Clean and prepare root veg. Roughly chop into large chunks. Place in a roasting pan with a grill rack. Pour a little olive oil over vegetables, add garlic and toss in fresh herbs.

2. Remove any giblets from chicken cavity and wipe down chicken with paper towels. Rub with oil, salt and pepper. You can also rub it with other dried herbs (rosemary, thyme)



This recipe serves three. THE CANADIAN PRESS H/O

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3. Gently separate breast skin from meat on each side with your finger. Insert lemon slices and fresh herbs which will help flavour the bird. Lemon does a great job of moisturizing the chicken from the inside out. Depending on the size of the chicken, either cut the second lemon in half, or prick lemon all over and stuff it into the cavity. Tuck wings under the back, but there's no need to truss it (tie the legs together). Place, uncovered, in a 190 C (375 F) oven.

4. As a general rule, calculate a cooking time of 20 minutes per 500 g (1 lb) of meat. The temperature of the chicken

needs to reach 74 to 77 C (165 to 170 F) when a meat thermometer is placed in the thickest part of the meat, avoiding any bones. If you don't have a thermometer, the juices should run clear when you poke into the thigh.

5. When chicken is cooked, let it rest for 20 minutes to let juices settle into meat. If you cut it too soon, you will see all the flavour on your cutting board. Remove from roasting pan, cover with tinfoil and get your table setting ready. Carve chicken and serve with roasted vegetables. **THE CANADIAN PRESS/ ABBEY COOKS ENTERTAIN BY PAMELA FOSTER (PAMELA POWERED INC., 2012)**

Cook live with Vikram Vij

Last-minute grocery list



Winning chef in Vancouver and Metro want to help you find time for family meals. Our mission starts in the form of Canada's first live online cooking show to air today at 6 p.m. ET at metronews.ca/vijcooklive.

If you still haven't downloaded the grocery list, we've got you covered.

Vij Family's Chicken Curry

- 1/2 cup canola oil
- 2 cups finely chopped onions (2 large)
- 3-inch stick of cinnamon
- 3 tbsp finely chopped garlic
- 2 tbsp chopped ginger
- 2 cups chopped tomatoes (2 large)
- 1 tbsp salt
- 1/2 tsp ground black pepper
- 1 tsp turmeric
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp garam masala
- 1/2 tsp ground cayenne pepper
- 3 lbs chicken thighs, bone

- in
- 1 cup sour cream, stirred
- 2 cups water
- 1/2 cup chopped cilantro (including stems)
- Cumin Basmati Rice**
- 2 cups basmati rice
- 3 cups cold water
- 1/4 cup canola oil
- 1 tbsp cumin seeds
- 1 cup finely chopped onions (1 medium-large)
- 3 3/4 cups water for cooking

- **Have a question?** They can be tweeted live during the show using the hashtag #vijcooklive.

- **Online.** Remember to visit metronews.ca/vijcooklive today at 6 p.m. ET for Canada's first live online cooking show.



Hansen proving to be a workhorse for Canucks

NHL. Vancouver forward thriving in hectic times



CAM TUCKER
cam.tucker@metronews.ca

Using a gas-tank analogy to gauge on-ice performance, one might assume that given the whirlwind of family and workplace events, Jannik Hansen would right now be playing on fumes.

Especially after the weekend.

Two games in less than 24 hours, a travel schedule complicated by a snowstorm in Calgary and subsequent flight delays and, mostly importantly, his wife gave birth to twin boys in the early hours of Sunday morning.

Hansen responded by racking up four points in the two games over the weekend and scored again in the Canucks' 3-2 shootout loss against San Jose on Tuesday.

He now has three goals

in his last three games and has arguably been the best Canucks forward not named Daniel Sedin, Henrik Sedin or Alex Burrows in that span.

"That's no issue," said Hansen, when asked how he felt physically given the events of the past five days.

"It's more in the head I think, trying to ... figure everything out. As far as physical, there's no issues."

Hansen, who is in the second year of a three-year \$4.05-million contract, played almost 20 minutes against the Sharks, and was used in a variety of situations, including penalty kill and power play.

He's earned his ice time and has recently been rewarded on the scoresheet. But it hasn't been all him.

Hansen has made up one-third of a second line that also consists of Mason Raymond and Chris Higgins, and was formed last week when it was revealed Ryan Kesler had a broken bone in his foot.

Since being united, the



Vancouver Canucks forward Jannik Hansen, left, battles for the puck against Matt Irwin of the San Jose Sharks at Rogers Arena on Tuesday. Hansen has three goals in the Canucks' last three games. DEREK LEUNG/GETTY IMAGES

trio has combined for six goals and 10 points in the last three games.

"Obviously it helps when pucks are going in," said Han-

sen.

"We're trying to play with confidence all the time. That's when we're at our best, when we're not squeezing sticks

or trying to force plays. But if it's there we have to make the plays and right now some of them are going through, some of them aren't."

MLS. Adjustments help Kobayashi contribute for Whitecaps



Daigo Kobayashi GETTY IMAGES FILE

Almost forgotten about these days amid the Vancouver Whitecaps' chief off-season acquisition of Nigel Reo-Coker is the addition of midfielder Daigo Kobayashi.

While much has been made of Reo-Coker's instant second-half impact for the Whitecaps in Saturday's win, and rightfully so, not a lot has been made of the performance from the 30-year-old Kobayashi.

Reo-Coker gave the Whitecaps an injection of life, but it was a brilliant touch from Kobayashi that set up fellow midfielder Gershon Koffie for the one and only goal of the match.

"I thought that he played well, especially in the second half when he was a little bit more free to roam and get on the ball," said Whitecaps head coach Martin Rennie earlier this week following a training

session at UBC's Thunderbird Stadium.

A halftime adjustment helped open up more space for Kobayashi.

"We just changed our formation a little bit just so that we could win the battles in midfield a little bit more easily and have our front players get a little bit more active," said Rennie.

Kobayashi officially signed

with the local Major League Soccer side on Jan. 28 of this year. His regular-season debut in a Whitecaps kit came before a sold-out crowd of 21,000 at BC Place Stadium.

Asked if he was nervous, he plainly said, with an improving command of the English language: "No."

"We won. It's the most important thing," he added.

CAM TUCKER/METRO

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Daniel Carcillo, left, of the Chicago Blackhawks celebrates his game-winning goal against the Colorado Avalanche with teammates Niklas Hjalmarsson and Johnny Oduya on Wednesday in Chicago. JONATHAN DANIEL/GETTY IMAGES

Carcillo plays hero in Blackhawks' latest triumph

NHL. Chicago now with 11 straight wins, at least a point in each of its 24 games to begin season

The Chicago Blackhawks were tired, hurting and often on their heels Wednesday night against Colorado.

But despite skating without three key forwards, playing their second game in two nights and falling behind after two periods, they pulled out yet another win.

Daniel Carcillo scored the tiebreaking goal with 49.3 seconds left and the Blackhawks won their 11th consecutive game, beating the Avalanche 3-2 on Wednesday night to extend the best start in NHL history.

On Wednesday

3

Blackhawks

2

Avalanche

"Being down, resiliency, perseverance, whatever you want to call it, there's a belief in this locker-room that whatever position we're in, we can come back," Carcillo said. "That's one of our biggest assets."

Jonathan Toews and Andrew Shaw also scored for Chicago (21-0-3), which reached the halfway point of a lockout-shortened season without losing in regulation. The remarkable Blackhawks have earned at least one point in their first

24 games, an NHL record.

Dating back to last year's regular season, the streak is 30 games.

The Blackhawks broke the previous team record for consecutive wins with their 10th in a row Tuesday night, 5-3 over Minnesota.

Chicago's overall points streak is the second-longest in NHL history. The 1979-80 Philadelphia Flyers set the league record at 35 games with a 25-0-10 run.

Carcillo knocked in a rebound with a backhand shot, his first goal of the season, after Semyon Varlamov made two in-close stops on Viktor Stalberg during a scrum in the crease.

Carcillo is better known as an agitator than a scorer, but he punched in a puck when it counted. **THE ASSOCIATED PRESS**

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	45	14	.763	—
New York	37	21	.638	7½
Indiana	38	23	.623	8
Brooklyn	35	26	.574	11
Atlanta	34	26	.567	11½
Chicago	34	27	.557	12
Boston	33	27	.550	12½
Milwaukee	30	28	.517	14½
Toronto	24	38	.387	22½
Philadelphia	23	37	.383	22½
Detroit	23	40	.365	24
Cleveland	21	40	.344	25
Washington	19	40	.322	26
Orlando	17	45	.274	29½
Charlotte	13	48	.213	33

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	48	14	.774	—
Oklahoma City	44	16	.733	3
L.A. Clippers	43	19	.694	5
Memphis	40	19	.678	6½
Denver	40	22	.645	8
Golden State	34	27	.557	13½
Houston	33	29	.532	15
Utah	32	29	.525	15½
L.A. Lakers	31	31	.500	17
Portland	28	32	.467	19
Dallas	27	33	.450	20
Minnesota	21	37	.362	25
Phoenix	21	40	.344	26½
New Orleans	21	41	.339	27
Sacramento	21	41	.339	27

Note: division leaders ranked in top three positions regardless of winning percentage.

Wednesday's results

Brooklyn 99 Charlotte 78
Atlanta 107 Philadelphia 96
Miami 97 Orlando 96
Cleveland 104 Utah 101
Boston 83 Indiana 81
New York 87 Detroit 77
Minnesota 87 Washington 82
L.A. Lakers 108 New Orleans 102
Memphis 91 Portland 85
Dallas 112 Houston 108
Toronto 98 Phoenix 71
San Antonio 101 Chicago 83
Sacramento at Golden State
Milwaukee at L.A. Clippers

Thursday's games — All times Eastern

Oklahoma City at New York, 8 p.m.
L.A. Clippers at Denver, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION									
	GP	W	L	OL	GF	GA	Pt		
Pittsburgh	23	15	8	0	81	67	30		
New Jersey	23	10	8	5	56	65	25		
NY Rangers	21	11	8	2	55	53	24		
Philadelphia	24	11	12	1	68	72	23		
NY Islanders	23	10	11	2	70	78	22		
NORTHEAST DIVISION									
	GP	W	L	OL	GF	GA	Pt		
Montreal	23	14	5	4	71	59	32		
Boston	20	14	3	3	60	46	31		
Toronto	24	15	9	0	73	61	30		
Ottawa	24	12	8	4	56	49	28		
Buffalo	24	9	13	2	63	77	20		

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	22	13	8	1	67	62	27
Winnipeg	22	10	11	1	56	68	21
Tampa Bay	23	10	12	1	81	73	21
Washington	21	9	11	1	59	62	19
Florida	23	7	11	5	59	83	19

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Wednesday's results

Toronto 5 Ottawa 4
Chicago 3 Colorado 2
Calgary 4 San Jose 1
Phoenix at Anaheim

Tuesday's results

N.Y. Islanders 6 Montreal 3
Florida 4 Winnipeg 1
Columbus 4 Edmonton 3 (SO)
San Jose 3 Vancouver 2 (SO)
Carolina 4 Buffalo 3
N.Y. Rangers 4 Philadelphia 2
Tampa Bay 5 New Jersey 2
Washington 4 Boston 3 (OT)
Los Angeles 6 St. Louis 4
Chicago 5 Minnesota 3
Detroit 2 Colorado 1

Thursday's games — All times Eastern

Buffalo at New Jersey, 7 p.m.
Montreal at Carolina, 7 p.m.
Vancouver at Columbus, 7 p.m.
Pittsburgh at Philadelphia, 7 p.m.
NY Rangers at NY Islanders, 7 p.m.
Toronto at Boston, 7 p.m.
Florida at Washington, 7 p.m.
Edmonton at Detroit, 7:30 p.m.
Winnipeg at Tampa Bay, 7:30 p.m.
St. Louis at Phoenix, 9 p.m.
Dallas at Los Angeles, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION									
	GP	W	L	OL	GF	GA	Pt		
Chicago	24	21	0	3	78	46	45		
Detroit	23	11	8	4	63	60	26		
St. Louis	22	11	9	2	64	67	24		
Nashville	23	9	9	5	47	59	23		
Columbus	23	7	12	4	53	69	18		
NORTHWEST DIVISION									
	GP	W	L	OL	GF	GA	Pt		
Vancouver	22	11	6	5	63	61	27		
Minnesota	22	11	9	2	52	56	24		
Calgary	21	9	8	4	61	69	22		
Edmonton	22	8	9	5	54	62	21		
Colorado	22	8	10	4	53	65	20		

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	21	15	3	3	75	60	33
Los Angeles	21	12	7	2	60	52	26
San Jose	22	11	7	4	51	50	26
Phoenix	22	11	8	3	67	63	25
Dallas	22	11	9	2	61	63	24

SCORING LEADERS

	G	A	Pt
Crosby, Phg	11	25	36
Stamkos, TBL	17	17	34
Saint Louis, TBL	6	24	30
Vanek, Buf	12	16	28
Staal, Car	12	16	28
Kunitz, Phg	12	16	28
Tavares, NYI	14	13	27
Kane, Chi	12	15	27
Voracek, Phi	10	17	27
Moulson, NYI	11	14	25
Ribeiro, Wash	8	17	25
Getzlaf, Ana	8	17	25
Zetterberg, Det	6	19	25
Kadri, Tor	9	14	23
Datsyuk, Det	8	15	23
Giroux, Phi	7	16	23
Semin, Car	6	17	23
Elias, NJ	6	17	23
Malkin, Phg	5	18	23
Neal, Phg	14	8	22
Sedin, Van	8	14	22
Sedin, Van	4	18	22
Thornton, SJ	4	18	22

Wednesday's games not included



Horoscopes

♈ Aries

March 21 - April 20

Don't worry too much if your thoughts take you in directions you would not want to admit to in public. Think before you turn thoughts into deeds though.

♉ Taurus

April 21 - May 21

Someone you meet today will instantly attract you. It could be the start of a life-long friendship or even a passionate romantic liaison. Either way it's going to be a lot of fun — and that's good.

♊ Gemini

May 22 - June 21

You may be tempted to tell the world your plans but with Mercury, your ruler, still moving retrograde that might not be such a good idea. Only let those you really trust know what you are up to.

♋ Cancer

June 22 - July 23

You will see some strange things today but don't take any of it seriously. Maintain a detached attitude, even though there may be times when you want to bang a few heads together.

♌ Leo

July 24 - Aug. 23

There is no telling what spur-of-the-moment decisions you will make over the next 24 hours, but you will certainly do something out of the ordinary. Try though to look ahead and see what the consequences might be.

♍ Virgo

Aug. 24 - Sept. 23

You could easily impose your will on other people today but is that such a good idea? A little bit of thought should help you see that if you come on too strong you'll lose.

♎ Libra

Sept. 24 - Oct. 23

Do you let your heart rule your head today? It might be a smart idea as with mind planet Mercury still moving retrograde your thoughts may be all over the place. What does your inner voice tell you?

♏ Scorpio

Oct. 24 - Nov. 22

There is no point trying to coerce people whose worldview is completely different to your own. All that does is make them oppose you even more. Accept that you see things differently.

♐ Sagittarius

Nov. 23 - Dec. 21

There is a danger that you will bounce back and forth between two extremes today. It may not bother you much but it could turn important people against you, so think before you act.

♑ Capricorn

Dec. 22 - Jan. 20

Even if you disagree strongly with what loved ones are up to right now, you are advised to gloss over the fact and stay on good terms. It gives you a bargaining chip for later.

♒ Aquarius

Jan. 21 - Feb. 19

Feelings will be running high today and you may wish you could switch off the world. So why don't you? While everyone else is busy arguing you can sneak off.

♓ Pisces

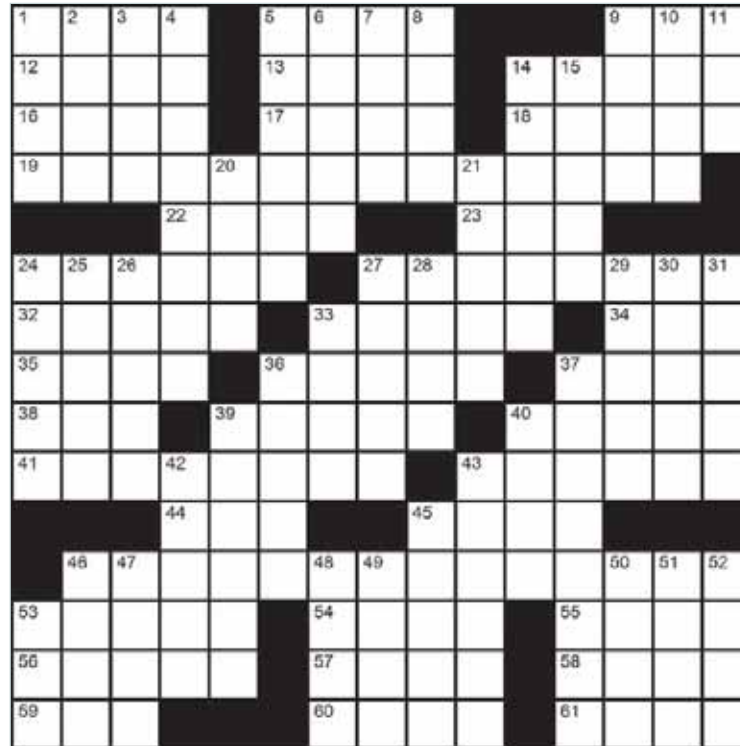
Feb. 20 - March 20

A relationship may be going through a tough time but don't give up on it. Love planet Venus in your sign links to both Saturn and Pluto today, which means you are nowhere near the end of the road yet. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Eddie Cochran's "___ Everybody"
- Fuel additives at Indy
- Gore and Biden, e.g.
- Two notes to follow Do
- Road type
- Town ___ (News-giver of yore)
- ___ instant (Quickly): 2 wds.
- Toward shelter (Sailing term)
- Moms of cousins
- "Break It to Them Gently" singer/song-writer: 2 wds.
- Hosp. readouts
- Mr. Garfunkel
- Purple dinosaur
- Vancouver-born actor Ryan
- "She's ___" by Tom Jones
- Shoe parts
- Cool, retro-style
- Intl. alliance created in 1949
- "You've Got Mail" recipient
- Ceremonial staff
- Nice summer?
- Gwyneth's "Shakespeare in Love" (1998) role
- Stone worker
- Sittings
- Actor Mr. Depardieu
- 'Mich' add-on (Mr. Douglas)
- Very: French
- "The Safety Dance" group: 3 wds.



- Potato pancake
- 1994 Pulp album: ___ '___' Hers
- Actress Jessica
- "Drive ___" by The Beatles: 2 wds.
- Don't give ___ (Care less)
- TV producer Norman

- Refusals
- Telegram
- Ms. Flynn Boyle

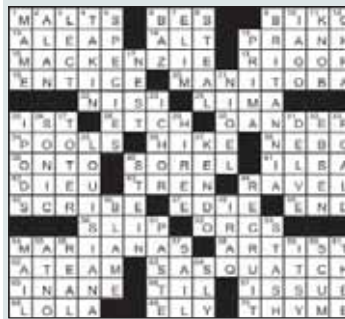
Down

- House, hip-style
- Restaurant dish lister
- Actor Mr. Epps
- Big name in video

- games
- Like 'groovy' for 'great'
- Powders
- Tire: French
- Appear
- Actor Mr. Rhames
- Dogs and cats
- Lon Chaney and Douglas Fairbanks, e.g., to

- their sons
- Terrier dogs from Scotland
- "___ You" by Bryan Adams
- ___-dokey
- Singer/guitarist John
- Scourges
- Having wings
- Appraises
- Breadbasket items
- Zeno of ___ (Ancient Greek philosopher)
- ___ Apso (Dog from Tibet)
- Designer's talent
- Fork out
- Shortly
- Garlic sauce
- Amanda ___ ("Let It Rain" singer from Toronto)
- TV show fan
- "___ the Parents" (2000)
- Coffee brand
- '90s music genre
- "___, with Love" (1967)
- Deli dressing
- And so on, plurally [abbr.]
- Get out the freezeze
- ___ (Sound system)
- Epithet for Athena
- Skier's up-the-slopes ride
- Ms. Gilbert
- K-O link

Yesterday's Crossword

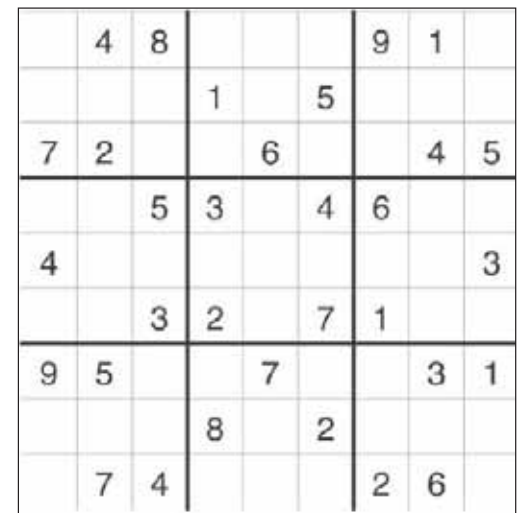


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



Friday



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